



## CRO Walker Orthosis

You have been fit with a CRO (Charcot Restraint Orthosis) Walker. The Cro Walker should be worn in accordance to your physician's directions. Some patients will wear the brace 24 hours a day, others when they are up out of bed. Some patients are able to weight bear when they receive the brace and others are instructed by their physician to not bear weight yet. At least once or twice per day, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

Your CRO Walker should always be worn with a sock as well as a supportive shoe on the opposite foot. The sock must extend past the top of the orthosis. To put on your CRO Walker, open the walker by removing the front shell, position the walker on your foot and leg with your heel back and down all the way into it, position the front shell on the brace and fasten the velcro straps snugly. A walking shoe or sneakers are ideal for use on your opposite foot as this will help balance your leg lengths and provide maximal support. If you have questions regarding the appropriateness of a pair of shoes, please check with us.

Your orthosis should be cleaned regularly and can be cleaned with a wash cloth and mild soapy water. Make certain all soap residue is removed and the orthosis is completely dry before re-applying. Avoid using a hair dryer or placing near a heater to speed up the drying process as this may damage the device.

Be certain you are comfortable with putting on and taking off your orthosis and never attempt to modify your orthosis yourself. Please inspect your orthosis daily for any signs of wear including cracking, loose parts or decreased effectiveness of the device and call our office if needed. Also, don't hesitate to call if you have any questions about wearing the device. A yearly check up is recommended.