

## **INSTRUCTION FOR USE CUSTOM-MADE DEVICES**

### **INTENDED USE**

Dynamic Ankle Foot Orthoses (DAFO<sup>®</sup>) provide an external support system to align lower and upper extremities to an optimal position for normal daily activities for patients with numerous medical conditions including:

- Neurological or neuromuscular problems
- Developmental delay
- Cerebral palsy
- Spina bifida
- Down syndrome
- Muscular dystrophy
- Post polio
- Head and spinal cord injuries
- Stroke

### **THINGS TO WATCH FOR**

After an initial 2 or 3 week period of intermittent wear, patients adapt quickly to wearing braces full time. Any complaints of discomfort, especially after the patient has been wearing braces comfortably for a while, may signal a need for adjustment of the brace, or in the case of a child, has outgrown the brace. Some redness, especially under the ankle strap is common due to the amount of muscle tone being controlled by the brace. Any red mark or sign of irritation that does not go away within 20 minutes after the brace has been removed may indicate a fit problem requiring action. Discontinue use, and immediately inform your practitioner if this happens.

### **DAFO CARE**

Cascade<sup>®</sup> DAFOs are made from a variety of plastics, depending on the chosen brace style. They are thin and flexible, yet durable under normal wear. DAFOs should be worn over appropriate socks (we recommend a cotton-synthetic blend of medium thickness), and with shoes. Scoring or heavy scratching, especially on the bottom, may lead to stress fractures in the plastic. Not wearing a shoe over the brace, excluding therapy time, will void the warranty.

DAFOs should be inspected regularly for wear, cracks and jagged edges. After six to twelve months of use, we recommend that the brace be evaluated for fit and wear by the practitioner.

Clean the DAFOs using a sponge or soft brush with mild soap and warm water. Towel dry, then allow a few hours for thorough air drying. Do not dry with heat.

We recommend storing the device out of extreme cold and heat. In cold temperatures, DAFOs may become brittle and more prone to stress fractures. Avoid suddenly prying the brace open when it is very cold.

If a molded “instep” pad is provided with the DAFO, it is to be worn under the top/front edges of the brace in the transitional area between the foot and leg. This pad is designed to protect against pinching and keeps the foot snug in the brace, when needed.

All the straps serve a specific purpose. For best results, fasten each one snugly.

### **FINDING SHOES**

Generally, any shoe that is wider in the toe area, perhaps a size or two larger than normal, will best fit a brace. Finding the shortest shoe that can accommodate the brace is recommended. This will reduce the tendency for the wearer to trip over the toes. A more flexible shoe material will spread more to

accommodate the extra width required. We recommend the padded insole of the shoe be removed after purchase to provide an additional increase in volume. A fairly aggressive push is needed to get the brace down into the end of the shoe.

If you have difficulty finding shoes that fit, our website, [www.cascadedrafo.com](http://www.cascadedrafo.com), contains links to manufacturers that design shoes specifically for use with ankle foot orthoses.

### FULL (90 Day) WARRANTY

Our DAFOs are guaranteed for fit, materials and workmanship for ninety (90) days beginning fourteen (14) days after the date of shipment. During that time, at our sole option, we will adjust, repair or replace the brace if a problem exists. The ninety (90) day warranty period is meant to allow ample time for fitting and troubleshooting. We recommend scheduling the fitting appointment within the first two weeks after receipt of the braces.

Abuse, undue rough wear, or loss voids the warranty. This includes not wearing shoes over the braces during ambulation (except during therapy sessions) and/or destruction from outside sources such as heat, cold, impact or undue abrasion beyond normal wear and tear.

This warranty gives you specific legal rights, and you may also have other rights which vary from State to State.

#### DAFO Wearer/Parent-Guardian of DAFO Wearer:

Discuss any concerns you may have regarding the fit and/or workmanship of the braces with your **practitioner**. The practitioner will assess the brace to determine whether a simple adjustment will resolve an existing problem, or if a more substantial action is required.

#### DAFO Practitioner:

If a problem exists that requires adjustment, repair or replacement of the brace within the warranty period, please contact the party you purchased the product from prior to taking any action. If the product was purchased through a distributor, please contact them. After gathering specific information on the problem(s) experienced, they will help determine the most efficient course of action to remedy the problem, and will direct you on any action you may need to take. If you purchased through Cascade Dafo directly, contact our Customer Support team at: +1 800 848 7332 (internationally: +00 1 360 543 9306) or by email at: [customersupport@dafo.com](mailto:customersupport@dafo.com).

### Explanation of Symbols

Symbol	Explanation
	Manufacturer
	European Authorized Representative
<b>SN</b>	Serial number
	Caution, Consult Accompanying Documents
<b>MD</b>	Medical Device

**CUSTOM-MADE DEVICE**

**Rx ONLY**

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