

Rebound

ORTHOTICS & PROSTHETICS

SUPRAMALLEOLAR ORTHOSIS (SMO) WEAR & CARE INSTRUCTIONS

Designed to help stabilize the foot and ankle, while promoting natural development. SMO's aid in improving alignment and balance during activities such as walking, running, and jumping. During the SMO fitting, your orthotist will instruct you on how to ensure the child is wearing and using their orthoses effectively. Some points to remember:

APPLICATION

Instructions specific to your child's SMO's will be discussed at the appointment. The following is a generalized summary of how to properly don their braces:

- **Socks:**

Make sure the child wears proper socks when using their SMO's. The socks should cover the skin that comes into contact with the brace, as they help absorb perspiration and protect the skin. Socks should go up at least 1/2" past the bones of their ankles. Before putting on the SMO's, smooth out any sock wrinkles, as they can cause skin irritation or breakdown over time.
- **Brace:**

Spread the plastic on the top of the brace and slide the foot into the SMO by "scooping" it from behind and underneath, ensuring that the foot is properly positioned with the **heel fully seated** at the bottom of the SMO. This is essential for the brace to function correctly. Bending the child's knee to a 90° angle may make it easier to properly seat the heel in the brace.
- **Straps:**

Fasten the instep (ankle) strap first. Make sure it is pulled snug to hold their foot and heel in the proper position, then fasten any other straps.
- **Shoes:**
 - Put on the shoes.
 - The SMO's should **never** be worn without shoes.
 - While a special shoe isn't necessary to accommodate the SMO, it's helpful to have one with a:
 - Wide or Extra-Wide Size
 - Deep Toe Box
 - Removable Insole
 - Large Opening
 - On hard surfaces, plastic braces become slippery. **Always** wear a shoe with your SMO to prevent any slipping hazards.

WEAR SCHEDULE

DAY 1 — 1 to 2 HOURS

Start by having the child wear the orthosis for 1–2 hours. After the first hour, remove it and check their skin. It's normal to see some light redness, especially around the arch, instep, and bony areas of the foot or ankle—this should fade within 20–30 minutes. If the redness does not fade within that time, or if you notice any blisters or bruising, do not put the orthosis back on. Contact your child's orthotist to schedule an appointment.

DAY 2 — 2 to 3 HOURS

Have the child wear the orthosis for an additional hour compared to the previous day. Once again, check their skin for any signs of irritation or redness.

ADD 1 HOUR EACH DAY UNTIL FULL-TIME WEAR IS ACHIEVED — USUALLY TAKES 2 WEEKS

Gradually increase the wear time by about one hour each day. Typically, it takes 7-10 days to break in the

SMO's and wear them comfortably throughout the entire day. Keep monitoring the child's skin regularly for any areas of concern.

MAINTENANCE:

- Inspect the SMO's daily for any signs of cracking, separation, or reduced effectiveness. Do not attempt to modify the orthosis on your own. If you notice any issues, contact your orthotist to schedule an appointment for an adjustment.
- To clean the SMO's, wipe it down with a damp cloth and mild soap. Rubbing alcohol is a good option for removing any residue from the plastic. It's also recommended to clean the foam liners with isopropyl alcohol.
 - Do not submerge the SMO's in water, as it could damage the metal fasteners and straps. If the child is playing in or around water, remove the SMO's.
 - Allow the orthosis to air dry and ensure the device is fully dry before wear to avoid any skin irritation or discomfort.
- Keep the SMO away from excessive heat to prevent damage to the plastic components.

FOOT EXAMINATION

Always remove the child's shoes and socks and perform a thorough visual inspection of both their feet and ankles. This step is essential, as you can't rely solely on their communication for problems.

Growth

On average, children outgrow their braces in about one year. However, every child develops at their own rate. If you begin to notice issues with the fit of your child's braces, please schedule an appointment with your orthotist to be evaluated.

If you have questions or concerns about the SMO's, please contact your Orthotist.

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