



## **SUPRAMALLEOLAR ORTHOSIS (SMO)**

### **HOW TO USE YOUR SUPRAMALLEOLAR ORTHOSIS**

- Wear with a lace-up shoe that has enough room for both your foot and the SMO to fit comfortably. Pay attention to the heel height: this will affect both the alignment and the way you walk. The heel height should be the same on all of your shoes.
- Wear a cotton sock between your skin and the SMO. The sock will absorb perspiration and help protect your skin. A sock that fits over the top of the SMO is best.
- Putting on your SMO: position the SMO on your foot and ankle, fasten the straps, and slip your foot and SMO together into your shoe. Then tie your shoe snugly.
- When you first try to walk with your SMO, you may feel awkward. Practice in your home or with a physical therapist before you walk outside.
- Begin wearing the SMO for approximately one hour at a time, then take it off and rest your leg. Alternate wearing the SMO and resting your leg for the first few days. Become used to wearing the SMO gradually. Slowly increase your wearing time over the next several days. If you are working with a Physical Therapist, he or she may suggest a wearing schedule also.
- It is VERY important to check your foot and ankle area for any red pressure areas. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients who are diabetic or have poor sensation in their feet. Call your orthotist if you have any concerns.
- Do not become discouraged if you feel an adjustment is needed. This is not unusual. A minor adjustment might be needed to ensure a good fit. If a child is wearing the SMO, periodic adjustments will be needed due to growth. Call your orthotist to discuss this.

### **HOW TO CARE FOR YOUR ANKLE FOOT ORTHOSIS**

- Clean the thermoplastic sections at least once a week using mild soap, and rinse well.
- If there is foam padding in the SMO it should be cleaned weekly with rubbing alcohol.

### **IMPORTANT NOTES ABOUT YOUR SUPRAMALLEOLAR ORTHOSIS**

**An SMO is a very specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any unexpected problems occur.**

[www.gofeetorthotics.org](http://www.gofeetorthotics.org)

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