

UCB Foot Orthosis



Care and Use Instructions

1. This orthosis is designed to control the hindfoot region of the foot. By controlling the hindfoot it can exhibit some control of the rest of the foot. It was designed at the University of California at Biomechanics Laboratory, thus the UCB.
2. This is usually used when more support is needed than can be afforded by a simple arch support. The higher walls of the orthosis act to get a better hold on the foot, thus improved control.
3. Being molded to a model of your foot this orthosis is meant to fit snug. A snug orthosis can control your foot better than a loose one.
4. Initially, take it easy to make sure that your foot get used to the UCB. Sometimes there is significant amounts of force to help control the foot.
5. Visually inspect your feet every day for blisters, cuts and scratches., especially between toes. Do expect some pressure areas on the foot, making sure the pink areas are the areas that the orthotist wantsto place the corrective forces. Depending on the severity, it may take a couple weeks to get used to wearing the UCB all day.
6. If you have a problem, or questions, call and speak with your orthotist at Morgantown O & P Center to determine the course of action: 1 (800) 598-6672.