

# Patient Guide

## Getting Started with Ultraflex Bracing



### 1. Physician prescribes an Ultraflex orthosis (brace) - Rx attached

- The prescription indicates the type of brace that will be made.  
*Example: An AFO is an ankle foot orthosis.*
- A specific timeframe for brace delivery may be specified by the physician or rehab team.
- The physician refers the patient to an orthotist. *A credentialed orthotist is an allied health professional who measures, fabricates, and fits orthoses.\**

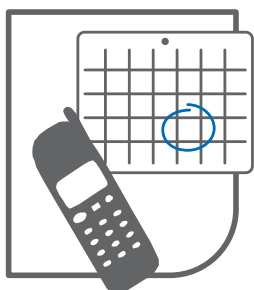
Orthotist's name: \_\_\_\_\_

Orthotist's telephone number: \_\_\_\_\_

- The physician's office will schedule a follow-up appointment which will take place after the brace is made, fitted, and worn. *(usually in 4-6 weeks)*

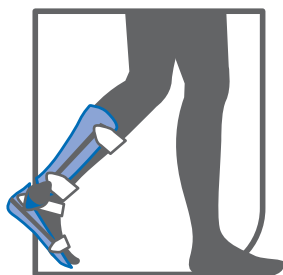
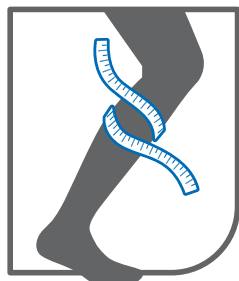
### 2. Patient makes orthotist appointment

- Patient will contact the orthotist and provide the brace delivery date and the physician follow-up visit date. The orthotist appointment will be set based on the timeframe given.  
*Note: If the patient is in a hospital, clinic, or rehab setting, the physician may confer directly with the orthotist who may conduct the evaluation on site.*



### 3. Patient visit with orthotist

- Patient brings the prescription and insurance information to the appointment. *The orthotist's office will verify insurance coverage for the prescribed brace.*
- If the physician has ordered a ready-to-fit brace, then the appointment will consist of an evaluation where a brief patient history and general measurements may be taken to verify a proper fit.
- If the physician has ordered a custom made brace, then the evaluation will include casting. *Casting provides a mold of the patient's limb. Casting takes approximately 15-30 minutes per limb, after which the cast is removed and used for brace fabrication.*
- Patient will be notified when brace is ready; an appointment may be set for fitting. *Ready-to-fit braces may be available in 2-3 business days. Custom bracing will normally be ready 2 weeks after casting.*
- Patient may be instructed on what to bring or wear to the fitting. This will depend upon the type of brace. *For example, an appropriate shoe and sock may be required for an AFO with a wear schedule that includes walking.*



### 4. Patient fitting

- Brace fitting will include the initial fitting, any necessary adjustments to the brace itself, donning and doffing instructions, and careful inspection to insure an intimate and well fitted brace.
- As part of the fitting, the orthotist will carefully go over the break-in and wear schedule and discuss ways to incorporate the brace into a daily routine. *The routine will depend upon whether the brace is worn during activities or while at rest.*
- A follow-up appointment normally will be scheduled for 7-14 days following the initial fitting. *As the patient progresses, the brace may be adjusted to accommodate gains in strength and mobility or to further improve walking. The rehab team's clinical evaluation and each patient's unique circumstances will determine the appropriate treatment or wearing schedule.*

**Ultraflex**<sup>®</sup>

Patient Inspired Solutions

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\* To locate a credentialed orthotist in your area, please call Ultraflex, 800-220-6670.

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