



# 9870 2284

Please call if you have any questions or require an appointment

Individual Client Notes

---

---

---



## head to foot orthotics

### Costs and invoicing

The service provided today will incur a cost. These will have been discussed with you if they are not covered by the hospital or a 3<sup>rd</sup> party funding body like TAC or Work cover.

An invoice will be sent to the address provided at the consultation. Payment details can be found on the invoice.

Please call if you are having trouble paying the invoice.



It is important that you attend any review appointments. If you are having any problems with your Orthosis, we may be able to fix it at your appointment.

Rev 9.7.2020



Quality  
ISO 9001

SAI GLOBAL

# CROW

## CROW = Charcot Restraint Orthotic Walker

### How to put on your CROW Boot

It is important that you wear your CROW correctly. We suggest that you wear a long cotton or wool sock with your boot.

1. Undo all straps and remove the front shell of the boot
2. Place your leg into the back shell. Make sure your heel is all the way to the back of the boot
3. Place the front shell over your leg. The edges of the front shell should sit over the outside of the back shell
4. Fasten straps 1 to 3 in the order shown in Figure 1.
5. Make sure all straps are done up firmly

### Problems?

Check your skin regularly. If you feel that your CROW is:

- Causing discomfort, redness or skin breakdown
- Broken or damaged
- Worn Out

Please contact the Head to Foot Orthotics as soon as possible to discuss the situation.



### Wearing

It may take some time to get used to wearing your CROW and you may notice a change in the way you walk. The sole of the boot helps to 'rock' you forward when walking. You may need to use walking aids, to help with balance.

- ✓ **Do take** care when walking on slippery or wet surfaces while wearing your CROW Boot.
- ✓ **Do** check your skin regularly. You may need to use a mirror to see the sole of your feet and check them 2-3 times a day.
- ✓ **Do** contact your orthotist if you are unable to wear your CROW Boot .
- ✗ **Do Not** wear un-prescribed bandages, dressings or padding with your CROW Boot
- ✗ **Do Not** drive a motor vehicle whilst wearing your CROW Boot
- ✗ **Do Not** make any changes to your CROW Boot.
- ✗ **Do Not** wear your CROW Boot without a shoe on the other foot
- ✗ **Do Not** wear your CROW Boot in water.

### Cleaning

- ✓ **Do** check your CROW for signs of loosening or damage
- ✓ **Do** check the sole of your boot for any signs of wear
- ✓ **Do** wipe your CROW Boot using warm soapy water and dry with a towel.
- ✗ **Do Not** apply direct heat to any part of your CROW Boot
- ✗ **Do Not** place your CROW Boot in the washing machine.

**Contact Head To Foot Orthotics immediately** if you notice redness, broken skin or increase discomfort