

head to foot orthotics

CROW



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

What is a CROW for?

CROW stands for Charcot Restraint Orthotic Walker.

It has rigid plastic front and back shells with foam lining and is meant to provide a close, firm, 'all-over' fit. Depending on the doctor's orders, you should be able to walk with it on. It is generally fitted for one or more of the following reasons:

- To help heal a Charcot joint (which includes broken bones) in the ankle or foot.
- To help heal a wound on the bottom of your foot.
- To enable walking after a foot amputation.

Putting On

- Always put on a clean, knee high sock (without seams) before fitting your CROW.
- Place your foot into the back section of the CROW and ensure your heel is seated down and back as far as possible.
- Place the front section over the top of the back section (they will overlap slightly) and fasten the strap in the front of your ankle first.
- Fasten the toe strap and then the others above.
- The front shell should butt into the back shell even if this feels like a firm fit.
- Go back and check again that all straps are firm.

When to wear your CROW

- You should put the CROW on first things in the morning, as your leg may swell during the day.
- Wear it all day, unless told otherwise by your doctor or allied health professional, and only remove it for checking you leg for pressure areas/red marks.
- Check with your Orthotist if in doubt.

Wearing Problems

- Check the skin covered by the CROW for reddened or grazed skin and be aware of pain or rubbing caused by the CROW (**if you have diabetes be especially careful of this**). Prominent bones are the areas where this will most likely occur. **Contact your Orthotist ASAP if any of the above occurs.**
- Don't adjust, modify or attempt to repair your CROW yourself – it is your responsibility to contact your Orthotist if the CROW is in need of adjustment or repair.

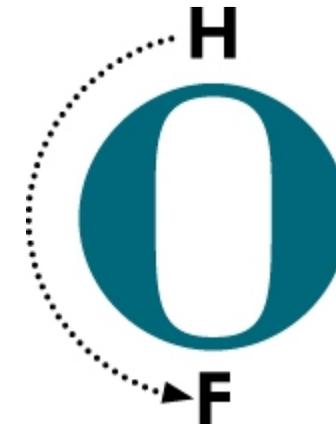
***note:** Trying to increase the padding of your CROW may only cause more pressure and rubbing.

- Wear a shoe with a thick sole on the other foot so you feel more balanced.

Cleaning

- Sponge the foam of the CROW regularly with a damp soapy cloth and dry with a towel.

* Wear a clean sock each day.



head to foot orthotics

Further Details

Please contact if you have questions or require an appointment.



(03) 9870 2284



**Quality
ISO 9001**