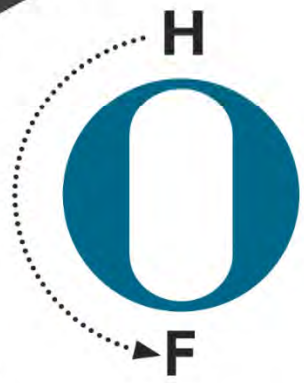




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Please call if you have any questions or require an appointment

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 3rd 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.



Quality ISO 9001 SAI GLOBAL

Wrist Brace

You have been fitted with a Wrist Brace. Correct use is important for the best result and your safety. Please note your orthosis is for **your use only**.

HOW TO PUT ON YOUR WRIST BRACE

It is important that you put your Wrist brace on correctly. If you have been provided with an undersleeve this should be worn under your brace.

1. Undo the straps on the wrist brace.
2. Stretch out the wrist brace and slide your arm into the brace, so that it sits comfortably around your wrist and thumb.
3. Secure the Velcro straps or the Boa dial to a comfortable tension.

The wrist should not be able to move in the brace once tightened.

PROBLEMS?

Check your skin regularly. If you feel that your Wrist Brace 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 YOUR WRIST BRACE

The brace may need to be treated like permanent plaster cast. Ask your Doctor or Orthotist for further instructions in regards to showers and removal. The policy is generally to wear the brace 24/7 - this includes at night time.

- ✓ **Do** check your skin regularly.
- ✓ **Do** contact your orthotist if you are unable to wear your wrist brace.
- ✗ **Do Not** wear un-prescribed bandages, dressings or padding with your wrist brace
- ✗ **Do Not** make any changes to your wrist brace.

✗ **Do Not** wear your wrist brace in the water or shower, unless advised so.

CLEANING

- ✓ **Do** check your wrist brace for signs of loosening or damage and ensure Velcro straps are lint free.
- ✓ **Do** wipe your wrist brace using warm soapy water and dry with a towel.
- ✗ **Do Not** apply direct heat to any part of your wrist brace
- ✗ **Do Not** place your wrist brace in the washing machine or dishwasher.

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