

# About Your New CROW Boot Orthosis

(Charcot Restraint Orthotic Walker)

## The Orthotic & Prosthetic Centers

CROW is an acronym for Charcot Restraint Orthotic Walker. This orthosis is prescribed for patients who have foot ulcers or insensate feet (can't feel). This orthosis is designed as a clamshell that covers the entire foot and calf of the leg. While it is bulky and resembles a ski boot, the CROW gives tremendous support by preventing foot and ankle movement. It is fully padded on the inside. No shoe is worn with this orthosis.

### Donning your CROW boot orthosis

1. Apply cotton stockinette or a long, thin cotton sock to foot and leg.
2. Slide the CROW into position, ensuring that the heel is fully seated within the orthosis. Place the heel back all the way and in contact with the bottom of the foot plate.
3. Apply the front section of the orthosis; making sure its sides overlap the back section.
4. Apply the instep strap on the front of the ankle.
5. Fasten all remaining straps.

### Wearing schedule:

**Day One**, begin by wearing for only 1 hour. Remove the orthosis and check your skin for red marks. Some light red marks on the skin may be noticed; those should go away after 20 to 30 minutes after removing the orthosis. Slight redness is common over the instep and under the ball of the foot. If the red marks do not go away in 20 to 30 minutes, or if you notice any scratching, bruising, or blistering, do not put the orthosis back on. Call your orthotist immediately to schedule an appointment.

If no redness remains after 30 minutes, wait another 30 minutes and then place the orthosis back on for 1 hour at a time for the rest of the first day, checking the skin after each hour.

**Day Two**, put the orthosis on for 2 hours. After 2 hours, remove the orthosis and check the skin. If the skin appears to have minimal redness, put the orthosis back on for 2 hours at a time for the rest of the day, checking the skin every 2 hours of wear. If the skin appears with minimal redness, gradually increase the wearing time by 1 hour each day, checking the skin after each wearing time.

### Cleaning & Maintaining Your CROW orthosis

The best way to clean your CROW orthosis is to spray the inside with rubbing alcohol and wipe dry to remove any body oils and residue. It can also be cleaned by wiping it out with a

(More On Reverse Side)

Please contact us if you have any questions.

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damp towel and anti-bacterial soap, or anti-bacterial moist towelettes.

DO NOT immerse the CROW orthosis in water, as this will harm the straps and fasteners. Keep your CROW orthosis away from excessive heat to prevent damage to the plastic.

## Benefits and Risk

### Benefits:

- Eliminates unwanted ankle motion
- Diffuses plantar surface pressure. Carefully spreading this pressure promotes critical healing of at-risk tissue.

### Risks:

- May cause skin breakdown such as scratching, bruising, or blistering, which can cause serious complications if the skin is not checked regularly or if the orthosis is not applied as directed.

## Follow-up Care and Emergencies

Follow-up visits with your fitter are vital for your healing – don't skip any scheduled appointments. Call our office with any questions or problems. For medical emergencies, call 911 or your local hospital.

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