

Anderson Orthotics & Prosthetics

Bracing Wearing Schedule

Day 1-2:	½ hour	2 times per day	___	___
Day 3-4:	1 hour	2 times per day	___	___
Day 5-6:	1½ hours	2 times per day	___	___
Day 7-8:	2 hours	2 times per day	___	___
Day 9-10:	2½ hours	2 times per day	___	___
Day 11-12:	3 hours	2 times per day	___	___
Day 13-14:	3½ hours	2 times per day	___	___
Day 15-16:	4 hours	2 times per day	___	___
Day 17:	ALL DAY			

It is very important that you follow the above schedule.

- ✓ There should be at least 2 hours between wearing times.
- ✓ Do not extend wearing times.
- ✓ Remove the brace and sock to check for redness after each wearing period.
- ✓ If some redness is noted, check the area again in 20 minutes.
- ✓ If there is no redness after 20 minutes, you may begin wearing the brace again at the next scheduled time.
- ✓ If redness is still present after 20 minutes, do not put the brace back on. Make a notation of the area of concern and call us to schedule an appointment for an adjustment to the brace.

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Toll free (888) 557-1881
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If you have ANY problems with your brace, please call us.