

Care and Use Guide

CROW (Charcot Restraint Orthotic Walker)

General Description:

This orthosis is prescribed for patients who have foot ulcers or insensate feet (can't feel). This is an orthosis that is a clamshell in design and covers the entire foot and calf of the leg, resembling a ski boot.

While it is somewhat big and bulky, the CROW gives tremendous support by preventing foot and ankle movement. It is fully padded on the inside. A shoe is NOT worn with this orthosis.

Application:

1. Apply a cotton stockinette or a long, thin cotton sock to leg.
2. Slide the CROW into position, ensuring the heel is fully seated within the CROW. The heel needs to be back all the way and in contact with the bottom of the footplate. Check by looking along the sides and the back where it is separated above the heel.
3. Apply the front section of the device, making sure its sides overlap on the back section.
4. Apply the instep strap on the front of the ankle.
5. Fasten all remaining straps.



Wearing Schedule:

- On the first day you receive the brace, begin by wearing for only one hour. After one hour passes remove the brace and check your skin for red marks. Some small, light red marks may be noticed on the skin, which should go away within 20-30 minutes after removing the brace.
- If skin is ok, wait at least one hour and then put the brace back on for one hour at a time for the rest of the first day, checking the skin after each hour.
- On the second day, put the brace on for two hours. After two hours, remove the brace and check the skin.
- If skin is ok, put brace back on for two hours at a time for the rest of the day, checking the skin after every two hours.
- If your skin is ok, gradually increase wearing time by one hour each day, checking the skin after wearing each time.

Cleaning Maintenance:

The best way to clean a CROW is to spray the inside with rubbing alcohol and wipe dry to remove body oils and residue. It can also be cleaned by wiping it out with a damp towel and anti-bacterial soap, or anti-bacterial moist towelettes. DO NOT immerse the CROW in water, as this will harm the straps and fasteners. Keep the CROW away from excessive heat to prevent damage to the plastic.

Tips and Problem Solving:

- Proper footwear should be always worn on the opposite foot.
- If there are and other problems or other questions, please contact your orthotist.