

## Richie AeroSpring Brace System Fitting Instructions

The Richie AeroSpring Brace System requires a properly fitted shoe which has laces and a removable insole to make room for the brace and wedges.

### Fitting the brace into the shoe and wearing the system comfortably

- Remove the insole or footbed from the pair of shoes
- Loosen the shoe laces from front to back as far as possible
- Place the entire “system” inside the shoe which includes the brace, the wedge and the foot orthotic on one side and the wedge and foot orthotic on the other side
- Sit the patient in a chair during the fitting
- Position the brace behind the leg of the patient and slide the foot of the patient into the shoe, on top of the foot orthotic and the wedge.
- Slide the foot and shoe backwards, to position the foot directly under the knee, positioning the ankle at 90 degrees dorsiflexion.
- Secure, tighten and tie the shoe lace
- Secure the straps of the brace at the top of the leg, keeping the foot positioned under the knee and with the ankle joint at 90 degrees dorsiflexed.
- Place the wedge and foot orthotic into the contralateral shoe. Lace and tie the shoe appropriately

### Additional tips

- The larger 2 cm wedges require a shoe with a deep heel counter and laces to accommodate the system inside the shoe.
- The footplate of the carbon fiber AFO brace can be shortened and narrowed by grinding.
- The carbon fibre AFO cannot be modified with spot heating. Call the lab distributor for instructions if the brace cannot be fitted to the patient.