



## **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.

Please follow these steps for fitting the brace into the shoe and wearing the system comfortably:

1. Remove the insole or footbed from the pair of shoes
2. Loosen the shoe laces from front to back as far as possible
3. 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
4. The patient should be sitting in a chair during the fitting
5. 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.
6. Slide the foot and shoe backwards, to position the foot directly under the knee, positioning the ankle at 90 degrees dorsiflexion.
7. Secure, tighten and tie the shoe lace
8. 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.
9. 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 fiber AFO cannot be modified with spot heating. Call the lab distributor for instructions if the brace cannot be fitted to the patient.