

Wear & Care Guide

WHAT TO EXPECT

Scootz are designed by your practitioner to address your child's specific rehabilitation goals. Scootz will provide a foundation to develop new skills. Your child may experience some fatigue and balance adjustments as he or she adapts to the orthosis and learns to "Master the Catwalk." Physical therapy often complements rehabilitation goals and can support the adaptation process.

PUTTING ON THE PAWS

Scootz are designed to be worn with shoes. The properties have many benefits, but the plastic is very slippery. Shoes provide secure footing and also assist in correct foot placement within the brace. Always wear footwear with Scootz when standing or walking.

1. Always place the **HEEL** in first. This assures comfort and foot control.
2. Place the pad between the foot and plastic.*
3. Secure straps:
 - a. The **ANKLE STRAP** must be secured first and should be snug. Ask your practitioner to mark this for a reference.
 - b. Next, the forefoot and calf strap should be secured snugly.
4. If the toes move back on the foot plate, the heel may be rising in the orthosis. You will need to start over and properly seat the heel.

* The plastic is flexible and will not break when you open the orthosis up to place your child's foot inside.

WEARING SCHEDULE

Your practitioner will personalize a Scootz break in and care maintenance schedule. In general, it is recommended to begin wearing Scootz for one hour each day, gradually increasing wear over two weeks — only if there are no signs of redness or irritation. Call your practitioner if there is redness that does not go away within 20 minutes after removing Scootz. Redness that lasts longer than 20 minutes can result in a blister or skin irritation.

Children grow, Scootz do not. Regular follow-up appointments are important to assess Scootz fit and rehabilitation goals or measurement for new Scootz.

SCOOTZ CARE

Scootz are designed with kids in mind. They are made with plastics and pads that are easy to clean.

- We recommend daily cleaning with warm water, mild soap, rinse and dry.
- Scootz plastics and pads will not absorb water but the straps will need time to dry.
- Inspect regularly. If there are any noticeable signs of wear, contact your practitioner.
- Scootz do NOT like extreme temperatures. Scootz can become brittle in extreme cold and can deform in extreme heat. Apply at room temperature.

WHEN TO TAKE ACTION — DISCONTINUE WEAR AND CALL YOUR PRACTITIONER

- Sudden onset of discomfort or pain, especially after the child has been wearing Scootz comfortably for a period of time.
- Redness that doesn't go away within 20 minutes after removal.
- Visual signs of callusing or blistering from Scootz wear.
- Visual damage of Scootz.
- Skin rash where the orthosis contacts the child.

FINAL THOUGHTS

Scootz are designed by your practitioner to help influence your child's specific rehabilitation goals. While rehabilitation is hard work, Scootz are meant to assist the process while encouraging fun as your child "Masters the Catwalk." Contact your practitioner with any questions or concerns you might have about Scootz.

PRACTITIONER CONTACT INFORMATION:



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