

Dobbs Bar Patient Instructions

The Dobbs Bar should be worn for 23 hours a day for the first 3 months and then at nighttime for 3-4 years. If the brace is not worn as prescribed, there is almost a 100% change of clubfoot reoccurring.

Play with your child in the brace. Infants might fuss about it for the first few days, and will require time to adjust. Playing with your child while they are in the brace is key. Teach your kids that he or she can kick and swing their legs while they are in the brace by showing them, one leg at a time and then both legs.

Follow a routine. Children will do better if you develop a fixed routine for brace wear. During the 3-4 years that your child wears the brace at night or during naps, make sure to put the brace on while your child is in the designated sleeping spot (their bed, crib, mat, etc). Your child will learn that this is their time of day to wear the brace, and be less likely to fuss about it if it's part of the routine.

Pad the Bar. This will help protect your child, yourself, and your belongings from being knocked or banged while your child is wearing the brace.

Check your child's feet. It is important to check your child's feet several times per day. Look for signs of irritation or redness, maybe even blisters. NEVER use lotion on red spots, as this will make the problem worse. Some redness is normal, but you will soon learn the areas that are red and the areas that are irritated. If problem areas occur, contact your orthotist.

ALWAYS wear cotton socks. Your child should wear cotton socks under his or her shoes, sandals, or plastic AFO boot. The socks should be higher than the top of the shoes or brace.

I have read and understand the above instructions for Dobbs Bar use with my child.

Signature of parent or guardian

Date