

TIPS and TRICKS

Redness: Some redness is okay. It is very normal to have some slight redness around edges if the SureSteps are properly worn. Severe redness should be brought to the attention of your orthotist.

Tightness: Tightness is crucial to proper functioning of the SureStep system. If your child will be staying with other caregivers, please instruct them on proper fit and securing of the SureStep system.

Growth: SureStep must properly fit in order to correctly work. On average, children will outgrow their SureSteps in about one (1) year. Some children may outgrow them sooner than this, but often children can go much longer as well.

Shoes: SureStep makes an athletic-style shoe designed specifically for children who wear orthoses. This shoe provides additional depth to ease the fitting of footwear. For more details and sizing information, visit our website.

Other shoes with flat bottom soles can also work with SureSteps.

Care: Mild soap and water may be used to clean any soiled areas. Allow to air dry.



RUN, JUMP, PLAY with confidence



- Better coordination
- Improved balance
- Fewer Falls
- Enhanced mobility
- Increased endurance
- Greater stability

SureStepSM

877-462-0711

www.surestep.net

SureStepSM



**Parent Information
& Fitting Guide**

TRIMLINES

1. On the **medial** (inside) of the foot, SureStep should be trimmed behind the big toe, and the ball of the foot as shown. It is important that this plastic edge is back far enough that it does not impinge on the bony portion of the ball of the foot.



2. On the **lateral** (outside) of the foot, SureStep should be trimmed just behind the 5th toe, but the metatarsal head behind the 5th toe should be encompassed within the SureStep as shown in the photo. The simplest way to check this is to extend or push up on the 5th toe. This will



simulate the movement the toe experiences during walking. The plastic edge of the SureStep should not restrict this movement. If it does, it should be trimmed by your orthotist.

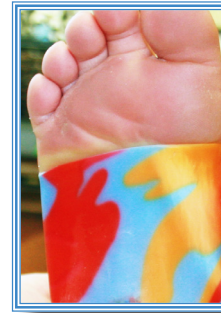
3. Over the **dorsum** (top) of the foot, you should see a gap between the edges of the SureStep. This gap can be as narrow as 3/8" (about the width of a pinky finger) on smaller kids or as wide as 1" (about as wide as a thumb) on larger children. These plastic wings should never touch or overlap. If so, please schedule an adjustment appointment with your Orthotist.



4. Along the plantar surface (bottom) of the foot, SureStep should be trimmed behind the ball of the foot on the medial side and right to the base of the 5th (pinky) toe on the lateral side.



correct



incorrect

DONNING

Notice that your new SureSteps are marked for "**Right**" and "**Left**". Although they may appear to be backward, **they are not**. The lateral side (outside) of the SureStep is **longer** than the medial side (inside). It often helps to remember that the buckles are on the lateral side (outside) of the SureSteps. It is best to have your child face you when putting on the SureSteps. If possible, have your child sitting somewhat higher than you, (i.e. if your child is sitting on a chair, you would be on the floor; if your child is on the edge of a table, you would be in a chair). This position ensures that you are in an optimal place to properly don and secure SureSteps. This position keeps the knees and hips flexed, and helps the feet and ankles to remain relaxed.



1. Open the SureStep from behind and underneath the foot, then pull the brace forward onto the foot.



2. While cupping the heel of the SureStep in one hand, slightly supinate the foot inside of the SureStep. To do this, you will need to twist or rotate the foot outward by lifting under the ball of the foot. While doing this, you will also need to dorsiflex the ankle (lift up on the front of the foot.) This will allow you to look down into the SureStep under the foot and see that the heel is properly touching the bottom surface.



3. Next, push the foot back into the SureStep until you feel that it has made contact at the back of the heel.

4. Maintain this position by squeezing the SureStep while you begin to fasten and tighten the straps. Your orthotist may have marked the straps for proper tensioning.



TIGHTNESS IS VERY IMPORTANT!!!

Snug is not enough, SureStep must be **TIGHT**. This tightness creates the compression necessary to achieve stability in standing. If SureStep is tightened properly, it will work and you should not see any blisters or areas of redness.