



Supra Malleolar Orthosis Initial Wear Schedule

Your doctor has prescribed Supra Malleolar Orthoses (SMO's) to correct foot, ankle, and arch alignment. Because the SMO's are made of a rigid material, it is important to get used to them gradually. Use the SMO's as recommended by your doctor or therapist, and keep all of your follow up appointments at this office.

Day 1 - Wear 1 hour on, 1 hour off, 3 times per day

Day 2 - Wear 2 hours on, 1 hour off, 3 times per day

Day 3 - Wear 3 hours on, 1 hour off, 2 times per day

Day 4 - Wear 4 hours on, 1 hour off, 2 times per day

At this point, move up to full time during the day. Inspect skin after taking the SMO's off at night. Any red or pink areas should go away within about 20-30 minutes after you take off the SMO's. If there's an area that worries you, take a picture and email or fax it to us.

Call our office for any issues or follow up at 803-980-5080.