

Review Procedure

Please follow the review advice given to you by the orthotist.

If you require an appointment before this time, please contact the orthotic department.

Orthotic Department Tel: _____

A Guide to Your Momentum[®] Brace Information for Patients



A Guide to Your Momentum® Brace

What is a Momentum® Brace?

A Momentum® Brace is a carbon fibre splint, which is designed to keep your feet and ankles in a good position for standing and walking. It has a carbon strut at the back of the splint to give you spring assistance as you walk and a cuff below your knee that tries to reduce some of the forces applied to your foot. It may be worn on one foot or both feet.

What are they prescribed for?

Momentum® Braces are prescribed for a number of reasons:

- To realign and control the ankle and foot joints
- To provide support to weakened joints or muscles
- To allow a symmetrical walking pattern
- To reduce pain
- To provide protection

What should be worn under the Momentum® Brace?

It is advisable to wear long cotton socks or tights under the Momentum® Brace that are:

- Well fitting
- Made from cotton rich material
- Long enough to cover all the areas of the skin, which come into contact with the splint
- Pulled up firmly to eliminate creases

Do I need to buy special shoes?

You will need to buy some shoes to fit over the Momentum® Brace. They do not need to be expensive, ordinary trainers or shoes are fine. Look for shoes with laces that reach down as far to the toes as possible or shoes that are deep and have adequate width (sometimes taking the inside sole out creates extra space).

- Take your Momentum® Brace with you when you buy shoes

Do not wear your Momentum® Brace without shoes as it can be slippery or hazardous.

Putting on your Momentum® Brace:

1. Sit down to put on your Momentum® Brace. Pull up your socks and make sure there are no wrinkles in them.
2. Place your heel at the back of the Momentum® Brace and then, if you have one, fasten the heel retaining strap snugly. Check that the heel is in place.
3. Finally fasten the top strap and put on the shoe.
4. If heel wedges have been provided by your Orthotist ensure they are in your footwear as advised.

How long should they be worn?

At first, the Momentum® Brace may feel uncomfortable as it changes how you walk, so you should gradually wear the brace in using the following schedule.

Day 1: 30-60 minutes Day 3: 3-4 hours

Day 2: 1-2 hours Day 4: 4-5 hours

Your orthotist will tell you how long you should build up to, or what activities to wear it for. Some people wear the Momentum® Brace for a few hours, while others wear it all day or just for sports.

What about red marks?

- You should check the skin around the foot and ankle every time you take the Momentum® Brace off.
- It is normal to see red marks where pressure has been applied. These should disappear within 30 minutes.
- If you notice any sores or blistering you should stop using the brace and contact your physiotherapist or orthotist for advice as it may need adjusting.

Care of your Momentum® Brace:

You can clean the Momentum® Brace by wiping with a damp cloth. Dry it with a towel or leave it to dry naturally. The straps may discolour with use but this does not affect the function of the brace. If you have any problems with your Momentum® Brace contact your orthotist.

DO NOT TRY TO ADJUST THE MOMENTUM® BRACE YOURSELF.

The Momentum® Brace supplied is considered the most appropriate for your condition. You may discuss alternative orthoses with the orthotist.

