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## Wearing Schedule

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Your orthotist will discuss your wearing schedule with you when you receive your new brace.

### Here's what we generally recommend:

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#### 1st Week

30 minutes on

2 hours off

(3 times/day)

check for reddened areas after each 30 minute period

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#### 2nd Week

1 hour on

1 hour off

(3 times/day)

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#### 3rd Week

6-8 hours or as instructed

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#### Remember:

Always check for reddened areas.

If redness does not disappear within 30 minutes

an adjustment to the orthosis is needed.

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Please contact Boundless Biomechanical Bracing  
to make an appointment with your Orthotist.