

## Instructions for patients: Künzli Ortho<sup>®</sup> shoes

### What are Künzli Ortho<sup>®</sup> shoes and when do you use them?

Künzli Ortho<sup>®</sup> shoes are orthopaedic therapy shoes. They stabilize the ankle and belong to the medical products of class I. Künzli Ortho<sup>®</sup> shoes are prescribed by your physician to treat various injuries and problems of the foot and ankle area. So for instance in the cases of early functional therapy of torn ligaments, severe sprains of the ankle, chronic instability of the ligaments, arthrosis, prophylaxis of extreme stress at work or in sports, post-operative therapy of broken ankles, post-operative treatment of ligament suture or reconstruction, post-operative treatment after joint stiffening or replacement, when spastic or flaccid paralysis occurs, different birth defects etc. Your physician or your orthopaedic retailer will show you the Künzli Ortho<sup>®</sup> model that is most adequate to treat your symptoms or your injury.

### What should you pay attention to when wearing the shoes?

Künzli Ortho<sup>®</sup> shoes are always worn on both feet unless your physician or orthopaedic retailer tells you differently. Depending on the nature and scope of your injury or your illness, the length of time and the range of application may differ considerably. It may well be that you are not allowed to put full weight on your foot in a first phase and that you have to use crutches. Your physician or orthopaedic retailer will tell you whether you need crutches and for how long and in which situations you are asked to wear the shoes. Do not change by any means the arranged treatment plan on your own accord.

Do not spontaneously treat pains or injuries with a Künzli shoe. If you think that the shoe could help treat your suffering, ask your physician or your orthopaedic retailer for it.

Do not remove the stabilizing elements integrated in the shaft on your own accord. Your physician will tell you if and when you are allowed to remove them on the good side or, as the case may be, on the injured side.

### How do you put on Künzli Ortho<sup>®</sup> shoes?

Before putting on the shoe open the laces and/or the velcro fasteners completely and move the shoe-flap to the front as far as possible. Then slip cautiously into the shoe.

Your physician or orthopaedic retailer will tell you how much you are allowed to move your foot when entering the shoe. Many injuries call for minimal stretching or bending of your ankle.

When entering the shoe place your heel right at the back, centre the shoe-flap and tie the shoe with the shoe fastening system (laces or velcro fasteners). Be careful that the shoe fits tightly but not too tightly. Shoes that are only loosely tied can cause unnecessary slipping and less stability. Shoes that are tied too tightly can cause bruises or impede good blood circulation.

Always knot the laces carefully and always close all the inner velcro fasteners so that they cannot become a stumbling block later on. Put on your shoes while sitting still and hold on to the armrest or a stable object while standing up. Because of pains or reduced mobility due to the injuries, putting on the shoes while standing can easily cause dangerous falls.

### Should Künzli Ortho<sup>®</sup> shoes also be worn at night?

Usually Künzli Ortho<sup>®</sup> shoes can be taken off over night. Your physician or orthopaedic retailer will tell you if this is the case. Otherwise you may get a Künzli night bandage (Ortho<sup>®</sup> night) or a removable cast to stabilize your foot.

### Which side effects can occur when wearing Künzli Ortho<sup>®</sup> shoes?

Occasionally the stabilizing elements integrated in the shaft of the shoe cause pressure or pain for the ankle. If this were the case, please contact immediately your orthopaedic retailer. He or she can adapt the stabilizing elements to the shape of your foot.

When wearing the shoes, bruises, reddening, swelling or minor injuries may occur. Therefore please control your feet daily. If there is cause for alarm or you feel pain please contact your physician or orthopaedic retailer immediately. If you should detect side effects that are not described here, you should also inform your physician or orthopaedic retailer.

### When do you have to be careful wearing Künzli shoes?

Changes in gait, balance problems, reduced visual acuity, reduced perception of contrast, low blood pressure and pains caused by injuries and/or restrictions of movement may enhance the risk of falls when standing up or walking. Künzli Ortho<sup>®</sup> shoes support the ankle but do not basically minimise the risk of falling.

Special attention is to be given when walking on uneven grounds or on icy surfaces. Although Ortho Safety S3 shoes have soles with special profiles they do not guarantee skin resistance in the above mentioned situations.

### How do you care Künzli Ortho<sup>®</sup> shoes?

Be careful to only use mild cleaning and care products. Products that are too aggressive may damage the functioning and the safety of the shoes.

#### Clean:

With a brush or a damp cloth, clean lightly soiled shoes. You may best get rid of heavy dirt with a brush and running water. Also rid the soles of the stones and dirt. Please pay attention to the fact that Künzli shoes should not be washed in a washing machine. Before cleaning the shoes, take out the insole and let them dry outside the shoes.

#### Dry:

You should never dry your shoes in direct sunlight, near a radiator or other sources of heat. Instead, fill the shoes with newspaper and have them dry in room temperature. This prevents the shoes from getting brittle and cracked.

#### Waterproof:

Waterproof your shoes regularly with a special leather proof spray. The procedure is most effective when used on shoes that are not quite dry.

#### Wax:

In order to keep soft leather elastic and soft, you should use shoe polish or shoe wax from time to time. Cover the shoe with shoe polish with a fine cloth. Polish the shoe afterwards with a fine cloth until the leather is brilliant again. Eyelets and hooks can also be protected from corrosion with wax.

#### Store:

Store your shoes in a shoe box or in a cloth bag in a dry spot. You should use shoe spans to keep them in form for a long time.

### How and where can you buy Künzli Ortho<sup>®</sup> shoes?

You can get Künzli Ortho<sup>®</sup> shoes at your practitioner's, at the hospital or with, resp. without prescription at a specialized shop for orthopaedics.

### Whom do you address in a case of warranty?

In warranty cases or when other problems arise with Künzli Ortho<sup>®</sup> shoes please contact your orthopaedic retailer.

### Manufacturer:

Künzli SwissSchuh AG, Windisch, Switzerland

[www.kuenzli-schuhe.ch](http://www.kuenzli-schuhe.ch)

erstellt am: 20.02.2011

