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UCB Foot Orthosis Break-in Schedule

The UCB foot orthosis (UCB) provided to you is designed to hold your foot in a corrected alignment. The corrective forces are applied in pressure-tolerant areas of your foot, but your foot is not accustomed to these forces so a break-in schedule should be used. These forces can leave pink pressure marks on your foot which is normal. Redness over bony areas is not normal and you should notify Arise Prosthetics if any redness is seen.

Wear Schedule:

Day 1 – Wear UCB in a lace up shoe for 30–60-minute intervals without walking. After wear period remove shoe, UCB and sock and check skin for redness over bony areas. Take 60-minute break and repeat throughout the day.

Day 2 – Wear UCB in lace up shoe for 60-minute intervals with light walking. After wear period, check skin for redness. Take 60-minute break and repeat wear period as tolerated.

Day 3 – Increase wear period by additional 60 minutes (120 minutes wear period), leaving the break period the same length.

For each day following Day 3, add 60 minutes to the time wearing the UCB, so that in about 1.5 weeks you will wear it for most of the day.

Please call us at (602) 864-5560 if you have any questions or concerns.