



Date: _____

Patient Name: _____

CROW (Charcot Restraint Orthotic Walker) (Home Use Instructions)

A CROW is prescribed for patients with a diagnosis of Charcot Foot. It is a clamshell (two piece) design that provides complete/total contact over the shin, calf, and foot. The CROW reduces all motion in the ankle and foot to reduce potential for further injury. It is fully padded on the inside, and the bottom is covered with a material similar to shoe soles. It is not worn with a shoe.

Application

1. Apply a long cotton sock. Ensure there are no creases in the sock.
2. With the front and back pieces of CROW separated, place foot inside the back portion and slide heel to the back of the boot.
3. Apply the front, making sure the plastic overlaps the back of the boot.
4. Fasten the strap around the ankle first. Then all remaining straps.

Wearing Schedule

Check with the prescribing physician on specific wearing schedule. Some patients are only required to wear the CROW when out of bed. Continue to check your skin every few hours no matter what your doctor prescribes for a wearing schedule. Redness that lasts more than 30 minutes needs to be addressed. Contact your Orthotist immediately if you notice any irritation.

Cleaning & Maintenance

The CROW should be cleaned daily with rubbing alcohol to remove body oils and residue. Make sure the CROW is dry prior to putting it back on. Do not submerge in water as it may harm the metal fasteners and straps. Also, keep the brace away from excessive heat to prevent damage to the plastic and foam.

Tips & Problem Solving

- Proper footwear should be worn at all times on the other foot.
- Discontinue wearing CROW if red marks, bruises or blisters appear on your skin.
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- If you experience any problems with your CROW, please call your Orthotist at **815-484-6920**.