

Advice for Parents

- **Check Your Child's Feet.** It is important to check your child's feet several times a day after initiating the bracing, to ensure no blisters are developing on the heel or dorsum of the foot. Consult with your doctor if blisters begin to form.
- **Make It Routine.** Children do better if you develop a fixed routine for brace wear. During the three to four years of night/naptime wear, put the brace on anytime your child goes to the "sleeping spot". They will figure out that when it is "that time of day" they need to wear the brace. Your child is less likely to fuss if this is a consistent routine
- **Always wear cotton socks.** Your child should always wear cotton socks under his/her shoes, sandals or plastic AFO's. This will protect your child's foot and prevent skin breakdowns.



Two Sizes Available
MDFX Small – 6" thru 9"
MDFX Regular – 9" thru 14"

(Based on shoulder width)



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The Parent Friendly Foot Abduction Bar



Ponseti®

- Easily "Clicks" on and off
- Makes Diapering, Dressing and Car Seats easier
- Adjustable width "grows with your child"



Powered By:



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Mitchell Fixed Abduction Bar



Indications for Use

After your child's foot has been corrected, the Mitchell Fixed foot abduction brace prevents relapse by holding the foot in the corrected position.

NOTE: Never apply this brace to an uncorrected foot. The brace does **not correct** clubfoot, it only holds the correction achieved by Ponseti Method of treatment.

While it depends on the age of your child, typical wearing schedule is 23 hours a day for the first 3 months (allowing an hour for brace-free bathing and cuddling) and then at nighttime and naps until the child is approximately 4 years old.

Setting the Foot External Rotation:

Loosen the Phillips head screw in the bottom of the brace and rotate the green piece outward. Retighten the screw to lock in the desired angle of external rotation.



Setting the Bar Width

The bar should be set so the distance between the child's heels is slightly wider than the child's shoulder width. Loosen the Phillips head screw on the back of the center clamp that says "D-Bar Europe". Slide bars apart until the width of the bar between the child's heels is slightly wider than the child's shoulder width. Retighten the center clamp screws to lock the bar width in place. Example: if the child's shoulder width measures 8 inches, set the bar width to 8.5 inches.

Using the Quick Disconnect

To attach each AFO to the bar place the Quick Release clip behind each AFO. You will notice that this is a tongue and groove style, so simply slide each AFO in the corresponding channel. To release the AFOs from the bar, place your thumb on button that says "PUSH" and push down. Then slide the AFOs the opposite way you did to attach the AFOs



Putting on the Easy Click

Put the child's shoes on first, making sure the heels are down and the straps are snug. Then simply click them into place on the bar.

