

Going to Physical Therapy for Lower Leg Braces





Some kids go to the physical therapist to help their muscles move and work better.

This book shows what lower leg braces look like and how they are put on legs and feet.





When I need lower leg braces I go to Cincinnati Children's. I meet nice people there who can help me.





This is my first visit, but everyone's visit may be a little different.





When it is my turn, I go to a special cast room with a big mat for me to sit on.

The first thing I do when I get in the room is take off my shoes and socks.





Next, the Physical Therapist (called “PT” for short) will put long socks on both of my feet.



Then, the PT will tape special shoes into my socks.



After the special shoes are taped on, the PT will put another long sock on both of my feet.



Next, the PT will tape a rubber yellow strip to my sock. The rubber strip is called “railroad tracks” and its job is to protect my skin when the cast comes off.



Then it will be time to make the brace.

The PT will dip the brace material in some water and then wrap it around my foot and leg. The cast won't feel wet to me, but it might feel warm on my leg.



I will wait while my brace dries.

It is important for me to hold my foot still and keep it flat on the stool. Someone may help me hold my foot still.



When my brace is dry, it will be time to take it off.

The PT will make a small opening down the middle and then pull out the railroad tracks.



Next, the PT will use special safety scissors to take the brace all the way off. I might feel some pressure, but it will not hurt.





This is what my brace will look like when it is finished.

The PT will do the same thing on my other foot. Then, it is time to leave. My caregiver will tell me where to go next.