



DISCHARGE INSTRUCTIONS FOR STRAPPING/A-PADS

Dr. Mechanik applied a strapping, we sometimes call them A-pads interchangeably. Sometimes, A-pads may cause some discomfort, as they will mimic temporary orthotics and the correction may be too much, too soon. Slowly increase the amount of time the pads are worn, to help minimize soreness or pain.

Start with wearing the A-pads 1-2 hours per day. Increase 1 hour per day, until you can wear them for 8 hours without pain.

- If the strapping cause discomfort. This could be a sign of your body adapting to your new foot posture. If the discomfort becomes acute, your body may be resisting rapid change. You can cut the break-in times in half and build up wearing time more slowly.
- A-Pads can be washed and dried in the laundry, to help with elasticity.
- Remember to ice the affected areas for 20 minutes in the evening and then elevate on 2 pillows. Do not to apply ice directly to skin when icing, to avoid thermal injury.

Slow Down

Restoring function to your feet takes time.
When function returns, health is restored.
The rewards are worth the wait!

Please contact the office should you have any questions, cares or concerns.

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