

**ottobock.**

***C-Brace Interim* orthosis.**  
**Diary.**

Diary for users





# Diary

## ***C-Brace Interim*** orthosis.

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# Let's go. Write down your progress.

You have received this diary to record your experiences with the **C-Brace Interim** orthosis over the coming months.

## Document improvements and benefit in the long term

Documenting this information will help you remember the many possible effects that the orthosis might have over time. The situation, the orthosis and everything related to it are all new to you, so it's important to keep a note of everything. Perhaps you are using this diary on behalf of a relative – if so, you will find the information you have noted down even more valuable.

In addition, the treatment team will conduct regular assessments with you. These are designed to show how you are progressing clinically at regular intervals.

You will experience good and bad days. The following pages are intended to help you document these experiences in a

way that is as easy as possible for you, but still provides all the information that is important to have.

Your care team can then use this information to decide on things like accompanying physiotherapy or adjustments to your orthosis. Corrections to individual adjustments can be made as required. Your records can also be a useful source of information if applications for devices need to be submitted to your service provider later on.

If you have to suspend the training temporarily due to unforeseen circumstances, tell your provider about the issue straight away. You need to do this so that the treatment can be suspended. The maximum wear time is always 6 months.







## **Week 1:**

Fitting and handover of the  
***C-Brace Interim*** orthosis

# Week 1

Date \_\_\_\_\_

**When did you wear the C-Brace Interim orthosis?**

Mo	Tu	We	Th	Fr	Sa	Su

**How long (in hours) did you wear the C-Brace Interim orthosis for?**

Mo	Tu	We	Th	Fr	Sa	Su




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Here, note down what successes you have achieved through the treatment (such as standing, walking and sitting down without devices). Also make a note of anything unusual you have observed while using the C-Brace Interim orthosis, as well as any information on medication you have taken, additional devices you have used and any particular incidents (tripping, falling, etc.) that have temporarily restricted your use of the C-Brace Interim orthosis. Also remember to make notes about your mood (mental/emotional state).

## **Check-in 1**

After 1 week:

Fitting and assessments



# Week 2

Date \_\_\_\_\_

**When did you wear the C-Brace Interim orthosis?**

Mo	Tu	We	Th	Fr	Sa	Su

**How long (in hours) did you wear the C-Brace Interim orthosis for?**

Mo	Tu	We	Th	Fr	Sa	Su




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Here, note down what successes you have achieved through the treatment (such as standing, walking and sitting down without devices). Also make a note of anything unusual you have observed while using the C-Brace Interim orthosis, as well as any information on medication you have taken, additional devices you have used and any particular incidents (tripping, falling, etc.) that have temporarily restricted your use of the C-Brace Interim orthosis. Also remember to make notes about your mood (mental/emotional state).

# Week 3

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su




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Here, note down what successes you have achieved through the treatment (such as standing, walking and sitting down without devices). Also make a note of anything unusual you have observed while using the C-Brace Interim orthosis, as well as any information on medication you have taken, additional devices you have used and any particular incidents (tripping, falling, etc.) that have temporarily restricted your use of the C-Brace Interim orthosis. Also remember to make notes about your mood (mental/emotional state).

# Week 4

Date \_\_\_\_\_

**When did you wear the C-Brace Interim orthosis?**

Mo	Tu	We	Th	Fr	Sa	Su

**How long (in hours) did you wear the C-Brace Interim orthosis for?**

Mo	Tu	We	Th	Fr	Sa	Su




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## **Check-in 2**

After 4 weeks:

Fitting and assessments

# Week 5

Date \_\_\_\_\_

**When did you wear the C-Brace Interim orthosis?**

Mo	Tu	We	Th	Fr	Sa	Su

**How long (in hours) did you wear the C-Brace Interim orthosis for?**

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 6

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 7

Date \_\_\_\_\_

**When did you wear the C-Brace Interim orthosis?**

Mo	Tu	We	Th	Fr	Sa	Su

**How long (in hours) did you wear the C-Brace Interim orthosis for?**

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 8

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su




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## **Check-in 3**

After 8 weeks:

Fitting and assessments

# Week 9

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su



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# Week 10

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su



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# Week 11

Date \_\_\_\_\_

**When did you wear the C-Brace Interim orthosis?**

Mo	Tu	We	Th	Fr	Sa	Su

**How long (in hours) did you wear the C-Brace Interim orthosis for?**

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 12

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 13

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 14

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 15

Date \_\_\_\_\_

**When did you wear the C-Brace Interim orthosis?**

Mo	Tu	We	Th	Fr	Sa	Su

**How long (in hours) did you wear the C-Brace Interim orthosis for?**

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 16

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su




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## **Check-in 4**

After 16 weeks:

Fitting and assessments,  
determining the next care  
steps

# Week 17

Date \_\_\_\_\_

**When did you wear the C-Brace Interim orthosis?**

Mo	Tu	We	Th	Fr	Sa	Su

**How long (in hours) did you wear the C-Brace Interim orthosis for?**

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 18

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 19

Date \_\_\_\_\_

**When did you wear the C-Brace Interim orthosis?**

Mo	Tu	We	Th	Fr	Sa	Su

**How long (in hours) did you wear the C-Brace Interim orthosis for?**

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 20

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 21

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 22

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su




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# Week 23

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su



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# Week 24

Date \_\_\_\_\_

When did you wear the *C-Brace Interim* orthosis?

Mo	Tu	We	Th	Fr	Sa	Su

How long (in hours) did you wear the *C-Brace Interim* orthosis for?

Mo	Tu	We	Th	Fr	Sa	Su




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## **Return**

After 24 weeks,  
final decision on the treatment  
and rehabilitation process





