

# C-Brace<sup>®</sup>

## Goal planning and trial checklist

Congratulations on your upcoming trial of the C-Brace microprocessor-controlled leg orthosis by Ottobock. Choosing the right orthotic device is a significant decision and your trial is one of the most important steps in the process.



### How to use this document:

This checklist and goal planning worksheet goes hand-in-hand with our [Trial Prep video](#) featuring clinical specialist Ted Friedmann. Watch the video first to get a better understanding of what to expect during your trial. Next, keep yourself organized by using this checklist and goal planning worksheet so you don't forget anything important. We are here to help you prepare for a successful day!

Trial date: \_\_\_\_\_ Trial location: \_\_\_\_\_

### Goal planning:

Before your trial, take some time to reflect on your orthotic and lifestyle goals. What would you like to achieve with the C-Brace? Are there specific daily activities you would like to accomplish with the C-Brace? What limits you from achieving these goals with your current orthosis? Listing your goals can help direct the trial and make sure you get the opportunity to test these activities with the C-Brace.

**Examples:** *Goal 1: Walk faster to keep up with my kids*

*Goal 2: Walk down the long staircase at work with ease*

Goal 1: \_\_\_\_\_ Goal 4: \_\_\_\_\_

Goal 2: \_\_\_\_\_ Goal 5: \_\_\_\_\_

Goal 3: \_\_\_\_\_ Goal 6: \_\_\_\_\_

## Trial checklist:

### Before your trial

- Plan to allocate one hour per leg for your trial. If you are trialing both legs, you can expect to be there around two hours. This will allow your orthotist time to ensure the best fitting possible so you get the most accurate feel for the C-Brace.
- Eat before and come well-hydrated.
- Wear tighter or more form-fitting pants.
- Wear comfortable shoes.
- Think about your goals you have listed above and be prepared to share them with your orthotist. Trial activities may be modified based on what you want to accomplish.
- Bring your energy!

### During your trial

With your goals in mind, trial the C-Brace to get the best impression of how the orthosis will work for your lifestyle and activities. We've listed the most common trial activities below, but feel free to add to this checklist to personalize your trial experience. Make sure you and your orthotist are both comfortable with the activities you are performing during the trial.

- When you arrive at your trial, you'll be greeted by your orthotist and possibly an Ottobock representative, in-person or virtually, to help conduct the trial.
- Your orthotist will place the C-Brace trial tool on your leg and make the necessary adjustments.
- Once the trial tool is adjusted and ready, you will be asked to sit, stand, and walk in the C-Brace trial tool.
- Once you have spent some time in the trial tool and confirmed the C-Brace will work for you, your orthotist will discuss the next steps.

### What other things would you like to experience during the trial?

### What questions do you have for your orthotist?

*Example: Can I get the C-Brace wet? How often do I need to charge the C-Brace battery?*

Thank you for your interest in the C-Brace microprocessor-controlled leg orthosis. We hope you find this planning checklist helpful as you prepare for the day of your trial. Contact us at the numbers below if you have any questions.

Step into your future.™