UCBL Foot Orthosis
Use and Care Instructions

The UCBL design was developed at the University of California-Berkley Lab. It is a rigid material, usually plastic that is custom made to stabilize a flexible foot deformity. The UCBL differs from other foot orthoses in that it fully encompasses the heel with a molded heel cup. While correcting and holding the heel in a neutral position, the UCBL also controls the inside arch of the foot and the outside of the forefoot.

How to use your UCBL Foot Orthosis

- Always wear socks, as the UCBL should not be worn directly against the foot.
- Place the UCBL inside the shoe and place the foot inside the UCBL.
- Wear the UCBL in a lace-up or Velcro type shoe that has enough room for both your foot and the orthosis to fit comfortably. In some cases a slightly larger shoe may be required or, if possible, the insole of the shoe may need to be removed in order to accommodate the UCBL.
- There is a break-in period of 1-3 weeks for your foot orthosis. During this time you may experience muscle aching or fatigue. Do not wear your orthosis all day at the beginning. Initial overuse is the most frequent cause of discomfort or problems. Allow your foot to get used to the UCBL gradually. In the beginning wear them for 1 hour, including sitting and standing. Remove your socks and check for redness that does not fade after 30 minutes. Be sure to check the bottom of your feet. This is particularly important for patients who are diabetic or have poor sensation in their feet.

How to care for your UCBL

Wash your UCBL foot orthosis using mild soap and water. Towel and air dry orthosis overnight. DO NOT PLACE ORTHOSIS IN DRYER OR USE A HAIR DRYER TO DRY. You may wipe your foot orthosis with rubbing alcohol to eliminate odors.

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