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### **UCBL Shoe Insert (University of California Biomechanics/Berkeley Laboratory Shoe Insert)**



The UCBL or UCB shoe insert is a maximum-control foot orthosis used to stabilize a flexible foot deformity, in most cases a flexible flat foot. It fully encompasses the heel with a molded heel cup which in turn holds the heel in a neutral and vertical position while also controlling the inside arch of the foot and outside border of the forefoot. The UCBL is custom made device molded to the shape of the foot, and comes up just below the ankle bones. The foot section of the insert usually ends by the ball of the foot, this allows for a more natural gait. If a full footplate is necessary, a strap may be added across the top of the foot to hold the heel in. It's design allows the UCBL to be entirely encompassed by any basic walking shoes.

#### **Instructions:**

- Always wear socks, the UCBL should not be in direct contact with the foot.
- To put it on, first place the UCBL in the shoe then put the foot inside the shoe.
  - Make sure that the heel is properly seated in the heel cup, this is important for the UCBL to be able to properly control the foot.
  - Make sure that the foot and UCBL fit comfortable inside the shoe, you may need a larger shoe or remove the insole to be comfortable.

#### **Wearing Schedule:**

Begin with wearing the brace for only one hour on the first day. After 1 hour, remove the brace and check the skin for any reddened areas. Some small, light red marks may be noticed on the skin, usually over the instep and under the ball of the foot. If these marks do not disappear in 20-30 minutes or you experience any irritation call to schedule an appointment with your orthotist immediately.

Otherwise, if the redness disappears, wait at least 1 hour before putting the brace back on for another hour. You need to get accustomed to wearing the brace so each day you can gradually increase the wearing time by 1 hour, making sure that you check for skin redness after each wearing time.

#### **Cleaning and Maintenance:**

- To clean the UCBL, spray in the inside with rubbing alcohol or wipe with a damp towel and anti-bacterial soap then wipe dry.
- Make sure you keep the UCBL away from excessive heat to prevent damage to the plastic.

**IMPORTANT:** If you experience any redness or have any questions/concerns about your UCBL, please contact **East Coast Orthotic and Prosthetic Corp.**