

Neoprene Twisters

Neoprene twister cables are made of soft, lightweight neoprene material which are worn either under or over clothing. They use direct opposition to tight muscles during gait to rotate the extremity internally or externally. The twister belt goes around the waist with leg straps in the back. The straps are then brought over the front of legs and spiral once to outside of the feet and attach to an orthotic device or shoe.

How to Apply

- Wrap belt around waist.
- **To correct internal rotation (toes pointing in):** Wrap strap(s) over the front of the leg, then spiral down to the attachment point.
- **To correct external rotation (toes pointing out):** Wrap strap(s) under the leg, then spiral down to the attachment point.
- Attach to orthotic device or shoe. Placement points are determined by your orthotist.

For greater correction, tighten straps.

Thread fabric fastener (Velcro-like strap) through loop on SMO or shoe, then pull straps to create a stretch on the neoprene strap. Attach fabric fastener to hold this stretch. Lift child to clear feet off floor, to check that both right and left straps are equally adjusted to make feet turn out. Final check: Watch the child walk and see if both feet turn outward.

Caring for Your Orthosis

- Wash with cool, soapy water.
- Close and lock fabric fastener before washing.
- Don't use excessive heat. Air-dry or lay flat.
- Don't use solvents, chlorine or bleach on the cables.



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This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).