

A “Noisy” Brace Tip from Primary Care Physician Marny Eulberg, MD.

“If your brace squeaks with each step - it could be that the metal joint(s), needs to be oiled/greased OR it could be the brace rubbing against the shoe. You can fix this by rubbing the outside of the brace where it contacts the shoe and the inside of the shoe with a dryer sheet or dust both surfaces with talcum/baby powder. (I like the dryer sheet fix because it lasts longer).”