

AFO (Ankle Foot Orthosis)

Application:

1. Put a sock onto the foot needing an AFO.
2. While sitting with knee flexed, open the shoelaces to the fullest extent and slide foot into the shoe as far as possible.
3. Use a shoehorn to slide the heel into the shoe to prevent breakdown of the back of the shoe.
4. Secure the laces or Velcro straps of the shoe and calf band.

Wearing Schedule:

On the first day you receive the brace, begin by wearing for only 1 hour. After 1 hour, remove the brace and check your skin for red marks. Some small, light red marks may be noticed on the skin that should go away in 20 to 30 minutes after removing the brace. Slight redness is common over the instep and under the ball of the foot. If the red marks do not go away in 20 to 30 minutes or if you notice any scratching, bruising, or blistering, **do not put the brace back on**. Call immediately to schedule an appointment with your orthotist. If the skin is ok, wait at least 1 hour and then put the brace back on for 1 hour at a time for the rest of the first day, checking the skin after each hour.

On the second day, put the brace on for 2 hours. After 2 hours, remove the brace and check the skin. If the skin is ok, put the brace back on for 2 hours at a time for the rest of the day, checking the skin after every 2 hours. If your skin is ok, gradually increase wearing time by 1 hour each day, checking the skin after each wearing time.

Cleaning and Maintenance:

Use paste polish on the shoe to protect the leather and keep it soft.

If the Velcro is not sticking well on the brace, check for lint build-up on the Velcro. Remove lint by first lifting particles with the point of a toothpick. This will raise matted particles from the surface where it can easily be picked up by hand.

Tips and Problem Solving:

The AFO should be applied in the morning.

If you notice red marks, bruises, or blisters on your skin, discontinue wearing the brace and call your orthotist to schedule an appointment.

If there are any problems, please consult the orthotist.