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## **PRAFO (Pressure Relief Ankle Foot Orthosis)**

### **Application:**

1. With most patients, range the foot into dorsiflexion to at least a neutral position.
2. This means to bring the foot upward so that the bottom of the foot is perpendicular to the lower leg. This is the normal procedure. If your healthcare provider does not want the foot to be ranged in this manner, other instructions will be provided.
3. Place the lower leg in the device with the foot in full contact with the footplate and the calf in even contact with the calf section. The PRAFO can also be applied with the knee bent, pushing the foot downward and back fully within the device.
4. Secure the straps over the foot and then secure the top calf strap.
5. Finally, make sure that the heel is fully suspended in the air and that it is not in direct contact with the device. If it is, the device may not have been put on properly. If you are not able to do this correctly, contact your practitioner.
6. This device has an outrigger attached to the back of the calf section to prevent the leg from rolling to one side or the other. If instructed to use it by your healthcare provider, simply rotate it out in the direction the leg has a tendency to turn toward.

### **Care and maintenance:**

The liner can be removed and washed at a temperature below 150 degrees and dried using a cool low setting. When removing the liner, pay careful attention to how it was installed. This will make reinstallation easier.

### **Tips and problem solving:**

If you encounter any problems with the device or develop any pressure points or discoloration, contact your practitioner.

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