

# Ankle Foot Orthosis (AFO)

## Use and Care Instructions

Patient

You have received your new AFO (Ankle Foot Orthosis). It has been custom designed and fabricated for you. This device supports the foot and ankle promoting proper alignment and function. To achieve the best outcome, please follow these instructions carefully.

### APPLYING THE ORTHOSIS

- 1) Select a proper sock. Your sock must extend, wrinkle free, the full length of the Orthosis.
- 2) Select a proper shoe. You may need to purchase a shoe ½ size larger, or remove the insole for additional room
- 3) Bend your knee to 90 degrees and place your heel all the way into the orthosis.
- 4) Fasten the ankle strap.
- 5) Fasten the calf strap.

### USE AND CARE INFORMATION

- 1) Clean your AFO as needed. Wipe all surfaces with a mild soap and damp cloth. Dry completely before reapplying.
- 2) Periodically check all screws and tighten as needed.
- 3) Replace Velcro straps every 6 to 8 months. Call our office to schedule an appointment.
- 4) Gradually increase your wearing time during the first few days. The average break-in period for full time wear is 7-10 days.
- 5) Check your skin frequently. After removing your AFO, any redness should disappear in 20 minutes. Should any pressure spots, rash or other skin irritation appear, discontinue use and contact your provider immediately.
- 6) Individuals with a loss of feeling should check their skin more frequently.

### BREAK-IN SCHEDULE

Follow this break-in schedule to achieve the best outcome.

DAY	WEAR TIME	BREAK TIME
1	1 Hour	1 Hour
2	1 ½ Hours	1 Hour
3	2 Hours	1 Hour
4	2 ½ Hours	1 Hour
5	3 Hours	1 Hours
6	3 ½ Hours	1 Hours
7	As Tolerated	When Needed