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ANKLE FOOT ORTHOSIS (AFO) CARE AND USE INSTRUCTIONS

Ankle Foot Orthoses, also known as a foot drop braces, are custom molded devices and usually made of thermoplastic. They encompass the ankle joint and all or part of the foot. They are intended to control position and motion of the ankle, compensate for weakness or correct deformities. They also can be designed to indirectly control the knee joint as well.

How to Use Your Ankle Foot Orthosis

- Your AFO can be donned in either of the following ways:
 - A. Put the orthosis on first and then put your shoe on.
 - B. Slide the orthosis in your shoe first and then slip your foot into the shoe.
- **NEVER WEAR YOUR ORTHOSIS WITHOUT A SHOE; YOU COULD SLIP AND FALL**
- A sock or some stockinette should be worn underneath your Orthosis. Make sure it has no wrinkles and comes up a little higher on your leg than the top of the Orthosis. The sock or stockinette will make it easier for you to don and doff your orthosis and should also help with perspiration.
- If you experience a great deal of perspiration, try using some talcum powder on your leg before putting on your sock and orthosis.
- **WEAR ONLY THE HEEL HEIGHT FOR WHICH YOUR ORTHOSIS WAS MADE**

One of the nicest features of this orthosis is that you can wear different shoes with it, but the heel height must stay the same. Heel height was discussed and decided upon when you were measured and it is very important to wear shoes with the same heel height. Attempting to change your heel height now that your orthosis is made could result in strain to your knees, your back and to the orthosis itself. Slippers, sandals and loafers do not work well with your orthosis because they offer little support. Choose footwear that ties and gives good support.
- Check your skin for red pressure areas when you remove the Ankle Foot Orthosis. There is nothing to worry about if the redness disappears shortly after you remove the orthosis. The redness should clear up as your tolerance to the orthosis increase. **If your skin is sore and irritated or if redness persists long after removing the orthosis, notify your orthotist for an adjustment immediately.**

How to Care For Your Ankle Foot Orthosis

- Clean the Orthosis at least once a week using mild soap, and rinse well.

Important Notes About Your Knee Ankle Foot Orthosis

- An AFO is a very specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment at **EAST COAST ORTHOTIC AND PROSTHETIC CORP.** If any unexpected problems occur.

Special Instructions (If Applicable): _____

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