

Ankle Foot Orthosis

Care and Use Instructions

- Graduate your time of use with your new orthosis. In the beginning wear it for a short period of time and take it off, remove your sock and check for redness that you may not feel. Re-apply the orthosis and wear it for a longer time and inspect the skin again (unless otherwise directed by your physician or orthotist). Patient compliance is an integral part of the entire Orthotic protocol and must be adhered to in order to avoid potential problems and to maximize the effectiveness of the prescribed treatment.
- The shoe is an important, integral part of the orthosis. The shoe must be laced for ease in donning, doffing and to hold your foot securely in position. If the shoe is too large and not fitting snugly on your foot, the AFO will not work properly.

Remember that it was molded exactly to a cast of your leg. Also, keep the same heel height if you change shoes. A higher heel will throw you forward and a lower heel will throw you backwards.

- Make sure you are cautious when you begin. Use a walker, cane, etc., or have someone with you when you begin using the orthosis. The orthosis is holding your foot and leg differently and will hopefully change your walking pattern.
- If you feel pain or see persistent redness:
 - A. Make sure your shoelaces are tied snugly and the shoe is appropriate.
 - B. Call immediately for any adjustments. **(Patients/parents are not to attempt to adjust or modify any orthosis).**



Note: Do not let it turn into a blister!

- Always wear a clean sock or nylon that comes higher than the top of the orthosis. This provides a layer of air between the leg and plastic and helps protect the skin.
- To clean, simply wipe with a damp cloth. Dry well before re-applying.



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