

Plastic Ankle Foot Orthosis (AFO)

You have just received your new ankle foot orthosis. It has been designed and fabricated just for you. To achieve the best outcome, please follow these instructions carefully.

Applying the AFO

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

Wearing Information

1. Gradually increase your wearing time during the first few days. The average break-in period for full time wear is 7-10 days.
2. Check your skin frequently, especially if you have reduced sensation. After removing your AFO, any redness should disappear in 20-30 minutes. Should any pressure spots, rash or other skin irritation last for longer than 30 minutes after removal of the orthosis, discontinue use and contact your orthotist immediately.

Care of the AFO (if applicable to your brace)

1. To clean your AFO, wipe it out frequently with rubbing alcohol. **DO NOT IMMERSE METAL PARTS IN WATER.**
2. Periodically check all screws and tighten as needed.
3. Lubrication of all metal joints should be done by your orthotist.
4. The Velcro straps should be replaced if they are torn or if they no longer hold well. Please see your orthotist for proper replacement.

If you have any questions or concerns, please call your orthotist.