

AFO

While being fitted with your plastic ankle foot orthosis (AFO), your orthotist will instruct you on how to wear and use your orthosis effectively.

Some key points to follow:

Applying and Removing

Depending on the style of the AFO you have you may want to try one of these two methods of putting on your AFO. At your final fitting, your orthotist will direct you as to which of the methods is best for you.

1. Put the AFO on your foot and then place your foot and AFO into your shoe. A shoehorn may be helpful
2. Slip the orthosis in the shoe and then slide your foot into the orthosis, using it like a shoehorn.

Proper Fit

- Correctly fitting orthosis may seem uncomfortable at first as corrective forces are being applied to your foot and ankle and the orthosis can feel quite rigid
- During the first week, it is recommended that you wear the AFO for short durations throughout the day.
- As you build up tolerance, increase the wearing time as advised by a physician or orthotist.

Ankle-Foot Orthosis

Self-Examination

- Examine your skin under the orthosis every day.
- Check for any areas of redness or irritation. This is common.
- Redness, if any, should disappear in 20-30 minutes.
- As you become accustomed to your orthosis the redness should disappear.

IF THE REDNESS DOES NOT DISAPPEAR OR IF BLISTERS APPEAR, STOP WEARING THE ORTHOSIS AND CONTACT DE LA TORRE O&P FOR ADJUSTMENTS.

- Important: If you are a diabetic, redness should disappear in approximately 10 minutes. If redness persists see your orthotist immediately.

Stockings

- Clean cotton stockings should be worn under the AFO. This will make the device more comfortable and help dissipate perspiration.
- We recommend that the stocking come up higher on the leg than the AFO so the skin of the entire leg is protected.
- Keep the stockings wrinkle free. Do not pull the stockings tightly over the toes.

Shoes

- Always wear a shoe with the AFO. The plastic bottom is too slippery to be worn without a shoe.
- Your orthosis should work well with most types of lace up shoes; however, the shoe will be tighter when the orthosis is added.
- Athletic shoes work well when the inlay sole is taken out.

Cleaning

- Clean your AFO by using a mild soap and wiping it with a damp cloth.
- Completely dry with a towel or allow the orthosis to dry at room temperature.
- If your AFO has a soft liner it may be cleaned by using the foam from Murphy's Oil Soap.
- Take some Murphy's Oil Soap and whip it into a foam. Use a slightly damp cloth to wipe foam over the padding. Use another slightly damp cloth to wipe it off.

Follow-Up

If necessary, the orthotist will schedule a follow-up visit to make sure your AFO is working well and you are wearing it correctly.

CAUTION: DO NOT ATTEMPT TO ADJUST OR REPAIR THE AFO ORTHOSIS YOURSELF.