

# HKAFO

## Fitting

Prior to putting on your HKAFO, we recommend that you put on a cotton stocking for added comfort. Form fitting stockings are best since any wrinkles in the material can cause irritation or sores.

Do not put lotions on your skin in the area under the brace. This may soften the skin allowing for the possibility of skin breakdown, which could lead to the development of sores.

The HKAFO must be put on while lying in bed. Follow these steps to ensure proper fit.

1. Slide the pelvic band under your back and into place.
2. Adjust the band until it is comfortable and level across your body.
3. You may then place your thigh into the thigh cuff, your calf into the trough, and your foot into the footplate.
4. Make sure that your foot is all the way down into the footplate and the foot is properly lined up in the footplate.
5. Each area should fit securely into the HKAFO prior to closing the plastic tongues and velcro straps.

Note: Your HKAFO may be supplied with devices to limit your range of motion (especially at the hip). If you overpower these limits, the HKAFO will rotate on your body.

# Hip-Knee-Ankle-Foot Orthosis

The hip joint will move forward and your foot will turn in. You may also notice that the pelvic band now digs into your stomach.

If the above happens, loosen the brace and rotate it back into position. Remember the mechanical joint of the HKAFO must be positioned behind your anatomical hip.

IF AT ANY TIME THE ORTHOSIS FEELS NOTICEABLY LOOSE DUE TO SIGNIFICANT WEIGHT LOSS OR THE VELCRO STRAPS NO LONGER HOLD, PLEASE CALL US AT OUR NEAREST OFFICE SO THAT WE MAY SCHEDULE YOU.

## Wearing schedule

Your physician must determine when and for how long you need to wear the HKAFO. If you have any questions regarding this, please call your doctor directly.

## Self-Examination

- Examine your skin under the orthosis every day.
- Check for any areas of redness or irritation. This is not uncommon.
- Redness, if any, should disappear in 20-30 minutes.
- Important: If you are a diabetic, redness should disappear in approximately 10 minutes. If redness persists see your orthotist immediately.

- If the redness does not disappear or any other problems are noticed, contact De La Torre O&P.

## Care

All plastic surfaces of the orthosis may be cleaned by using any type of cleaner and a soft cloth. **DO NOT USE ANY CLEANER THAT HAS PETROLEUM DISTILLATE!!** This should be noted on the label of the cleaner.

The sheepskin pelvic liner may be cleaned with soap and water. Dry thoroughly with a clean dry cloth. Excessive water and friction from cleansing may cause a separation of the sheepskin from the plastic. Contact De La Torre O&P for reapplication or replacement.

If your HKAFO has a leather thigh cuff, it may be cleaned with a leather cleaner and then thoroughly dried before reapplication.

**NOTE: Under no conditions should chemical cleaners be used on the leather. They may cause sensitivity to your skin. Any liquid in contact with the leather will leave permanent stains in the leather.**