

# KAFO

## Fitting

Prior to putting on your KAFO, 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 KAFO must be put on while lying in bed or sitting in a chair. Follow these steps to ensure proper fit.

1. Place your thigh into the thigh cuff, your calf into the trough, and your foot into the footplate.
2. Make sure that your foot is all the way down into the footplate. The brace should be rotated so that the footplate lines up with the natural alignment of your foot and ankle.
3. Each area should fit securely into the KAFO prior to closing the plastic tongues and velcro straps.
4. If your KAFO is equipped with a plastic footplate, a shoe must be worn at all times over the footplate.

## Knee-Ankle-Foot Orthosis

5. If your KAFO is equipped with a soft footplate (PRAFO: Pressure Relief Ankle Foot Orthosis), the bottom of your foot must lie firmly against the footplate. In this position your heel will be suspended and protected from pressure. "Strap A" (See Diagram) must be pulled very snug to assure that the foot stays properly positioned.



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 for an adjustment.

## Wearing schedule

Your physician must determine when and for how long you need to wear the KAFO. 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 a gentle cleaner and a soft cloth. **DO NOT USE ANY CLEANER THAT HAS PETROLEUM DISTILLATE!!** This should be noted on the label of the cleaner.

If your KAFO 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.**