

Name: _____

Date: _____

Ankle Foot Orthotic (AFO) - Wear & Care Instructions

Congratulations, you have received a custom-made ankle foot orthotic (AFO) from Pentland's Prosthetic and Orthotic Services. Please read the following instructions carefully and contact our office if you have any questions.

Wear Instructions for the AFO:

- Take out the existing insoles from your shoes.
- Put the foot and ankle into the AFO. This can be made easier by:
 - Having the **knee flexed** to reduce the strain on the calf muscle.
 - **Slowly and securely** get the ankle in a neutral position (90 degrees). This may take a couple minutes for the tone to relax, but being patience and calmly speaking to the patient helps.
 - Secure the straps in the following order: **1. ankle strap, 2. tibia strap, 3. forefoot strap.**
 - Make sure the heel is as far back as possible in the brace.
- Do not stand in the brace alone (slippery). With the brace on the leg, maneuver the shoe on. A shoe horn may be required.
- Wear the AFO for _____ hours on the first day. Afterwards, remove shoes and socks and inspect skin. The skin may be a pinkish colour from the support, but this colour should go away within 20 minutes.
- Gradually increase your wearing time by _____ hours at a time, every day. At the end of one week, you will be wearing the brace for _____ hours at a time.
- Wear the orthoses in the house at first. Once you are comfortable wearing orthoses for 4 hours at a time, you can wear your brace for work or leisure activities.
- Replace tight fitting shoes with a larger and/or wider style.
- Inspect foot for areas where the skin is irritated by the brace. If reaching or looking at bottom of the foot is difficult, use a long-handled mirror to check skin.

Care of the AFO:

- Clean your brace by wiping it off with a damp cloth and dish soap. Do not immerse in water.
- Inspect your AFO periodically to see if coverings are wearing out or becoming unglued.



Our goal is to make you comfortable and functional
Please contact us if you have questions or concerns about your AFO

Thank you for allowing us to be involved with your care