

ANKLE FOOT ORTHOSIS (AFO) INSTRUCTIONS



Useful Notes

A clean sock **must** be worn under your orthosis. The sock will reduce friction, making application of the orthosis easier. It will also assist in reducing the effects of perspiration. The sock should be wrinkle free and higher than the top of the orthosis. Cotton socks are recommended. If perspiration is heavy, or the AFO is intended for 24 hour wear, then change socks during the day. Your orthosis **must** always be worn with a shoe or sneaker when standing or walking, unless otherwise instructed. Low top, lace-up athletic style shoes with a flat bottom work best. Remove the insole when possible to create more room for the orthosis.

Donning/Doffing:

- Open all straps to maximum end point
- Slide foot in proper AFO, placing heel firmly down and back into the heel cup
- Fasten instep strap (on Dream Brace) to provide a firm but comfortable hold of the ankle preventing unwanted lifting of the heel from the heel cup
- Place lower leg into shell (either in front of or behind leg), and again fasten strap to provide the same level of security as noted previously
- Open shoe to maximum slackness and slide foot with AFO into shoe (shoe horns may be used)
- Secure shoe
- Loosen shoe and remove from foot
- Loosen all straps on the orthosis and remove from foot



Cleaning Orthosis

To clean the inside of your orthosis, use a wet washcloth and dry thoroughly with a towel. Rubbing alcohol has proven to work best. Clean at least once a day every day. Protect your orthosis from extreme heat.

Skin Checks

Carefully check the foot and leg for pressure areas after each wear period. Remove the orthosis and sock. Note any redness or irritation, particularly over bony prominences. The redness should disappear with 30-40 minutes. If the redness persists, or is accompanied by skin breakdown, fluid discharge or swelling, call the office for instructions and a follow-up appointment.

*If you are to begin wearing your orthosis 23 hours a day, remove the orthosis every 2 to 3 hours a day the first few days to make sure there are no areas of excessive pressure.