

Device Guide

Knee Ankle Foot Orthosis Metal/Plastic

PURPOSE

This orthosis is designed to control your knee, ankle and foot. Some joints may be locked and others may not. The types of joints on your KAFO were specifically chosen for your individual condition through consultation with your physician and therapist.

DONNING INSTRUCTIONS

1. Place a long cotton sock over the leg wearing the KAFO.
2. Don the KAFO in a seated position; carefully sit on the edge of the seat to allow the thigh section to slide under your thigh but over the seat. Be careful that the chair is not acting to push the brace off.
3. Make sure that your foot is firmly seated in the shoe or heel cup, use a show horn if necessary.
4. Tightly fasten all the straps.

BREAK-IN SCHEDULE

It is important to gradually increase the amount of time you wear the brace.

- Day 1:** 1 hour on and 1 hour off, all day
Day 2: 2 hours on and 1 hour off, all day
Day 3: 3 hours on and 1 hour off, all day
Day 4: 4 hours on and 1 hour off, all day
Day 5: 5 hours on and 1 hour off all day
Day 6: you can wear the metal AFO all day as long as you are not experiencing any problems

CLEANING INSTRUCTIONS

- A metal and leather orthosis may need saddle soap to clean the leather. A plastic one may just require soap and water to clean the orthosis. It can also be sprayed down with rubbing alcohol and wiped with a towel.
- Be sure not to submerge the KAFO in water because this could damage and rust the joints.
- Be sure to keep all lint out of the straps. A lint build-up will decrease the strength of the straps.

PRECAUTIONS

- Make sure you are safe when you begin wearing this device. If necessary use a walker or cane and have someone with you to make sure you are stable. The KAFO could initially throw off your balance and change your walking pattern because it is holding your knee, foot and ankle in positions they may not be use to.
- Always remove your sock and check for redness that you may not feel. If you see red marks that are not going away after 10-15 minutes contact your practitioner. They could be indicating a high-pressure area.

MAINTENANCE

- If the brace begins to squeak or make noise consult your practitioner, immediately.
- If your brace isn't bending or operating as smoothly as it was initially, call your practitioner.
-- **Note: Do not let any red marks turn into a blister!**

DON'T HESITATE TO CONTACT US

If you have a change in your condition or if you experience significant weight gain or loss, it is important to have your KAFO reassessed. Lawall takes great pride in our continuing care program. Seeing our patients for regular follow-up visits helps to avoid problems before they become major issues. Don't hesitate to call or make an appointment if you have any questions.
1-800-735-4627

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