

Device Guide

Metal Ankle Foot Orthosis

PURPOSE

The purpose of the metal AFO is to control your foot and ankle alignment and compensate for muscle weakness. It is also designed to help you return to your ADLs (activities of daily living). As you continue on your road of recovery it is important to remember several key points regarding your metal AFO.

DONNING INSTRUCTIONS

1. Always wear a clean sock or nylon that extends higher than the top of the orthosis. This provides a barrier between the leg and the AFO, which helps protect the skin.
2. Loosen the straps on the AFO and shoe
3. Slide your foot into the shoe. Use a shoehorn to help slide your foot into the shoe. Make sure your heel is properly seated on the shoe.
4. Tighten the straps as tight as you can tolerate to ensure your foot remains secure in the AFO.

BREAK-IN SCHEDULE

Gradually increase the amount of time you wear your new orthosis. In the beginning wear it for a short period of time and take it off, remove your sock and check for redness on your foot and ankle. The redness can be a sign of a high-pressure area. Below is our recommended schedule for "breaking in" your AFO.

- 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

- To clean, spray with rubbing alcohol and wipe down with a cloth. The straps should be free of any lint. Lint build-up can decrease the strength of the straps.

PRECAUTIONS

- Metal AFOs are designed to minimize a patient's risk for skin breakdown because direct skin contact is minimal. However, you must still closely monitor their skin for red marks or pressure points.

- 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 metal AFO could initially throw off your balance and change your walking pattern because it is holding your foot and leg in a position it may not be used to.

MAINTENANCE

- If the metal AFO is making any noise or doesn't seem to fit properly, make an appointment. Over time straps tend to wear out and componentry on the brace may need to be replaced or adjusted.
 - If you feel pain, see persistent redness, or indentations for the metal AFO:
 - Make sure the straps on your metal AFO are tight and the shoe fits appropriately.
 - Call immediately for any adjustments.
- **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 AFO 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