

## Device Guide

# Molded Ankle-Foot Orthosis (MAFO)

### PURPOSE

The purpose of the MAFO 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 MAFO.

### DONNING INSTRUCTIONS

1. Make sure your heel is properly positioned into the MAFO.
2. If you are wearing a MAFO with dorsum panels, open the panels and slide your foot along the plantar (bottom) surface of the MAFO.
3. Make sure the ankle strap is as tight as you can tolerate it. This strap will ensure your foot is properly seated in the MAFO
4. Always wear a clean sock or nylon that extends higher than the top of the orthosis. The sock provides a barrier between the leg and the plastic, it protects your skin and keeps it cooler.

### BREAK-IN SCHEDULE

Gradually increase the amount of time you wear the MAFO. 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 recommend schedule for “breaking in” your MAFO.

- 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 MAFO all day if you are not having any problems

### CLEANING INSTRUCTIONS

- The brace should be sprayed with rubbing alcohol and wiped down with a dry cloth.
- If there is lint accumulating in the straps they should be cleaned out.

### 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 MAFO 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.
- The shoe is an integral part of the orthosis. If the shoe is too large and not snug on your foot the MAFO will not work well. If you change shoes keep the same heel height. A higher heel will throw you forward and a lower heel will throw you back.

### MAINTENANCE

- If you feel pain or see persistent redness:
  - Make sure the straps on your MAFO 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 the MAFO 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. Furthermore, if you have a change in your condition or if you experience significant weight gain or loss, it is important to have your MAFO 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