

Off the Shelf AFO (Ankle Foot Orthosis)

PURPOSE

The purpose of an off the shelf AFO is to provide support for the foot and ankle. The type of orthosis prescribed will determine the degree of support provided by the orthosis. Motion of the foot and ankle can be completely immobilized, resisted, assisted or may simply serve as a reminder to avoid certain motions. As you continue on your road of recovery it is important to remember several key points regarding your AFO.

DONNING INSTRUCTIONS

1. Make sure your heel is properly positioned into the AFO.
2. If there is an ankle strap make sure it is as tight as you can tolerate it. This strap will ensure your foot is properly seated in the AFO.
3. Always wear a clean sock or nylon that extends higher than the top of the orthosis. This provides a barrier between the leg and plastic and protects the skin and keeps it cooler.

BREAK-IN SCHEDULE

Your physician will determine the amount of time you will wear the orthosis, and it is usually contingent upon your diagnosis.

CLEANING INSTRUCTIONS

- If it needs to be cleaned it is best to hand wash the padding and let it air dry.
- If there is lint accumulating in the straps they should be cleaned out.
- Don't expose the brace to excessive heat; it could cause the plastic to deform.

MAINTENANCE AND PRECAUTIONS

- Make sure you are safe when you begin. Use a walker, cane, etc. or have someone with you when you start to make sure you are stable. The 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 use to.
- If you feel pain or see persistent redness:
 - Make sure the straps on your AFO are tight and if you require a shoe it 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 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. Furthermore, 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