



Date: _____

Patient Name: _____

ANKLE FOOT AND KNEE ANKLE FOOT ORTHOSIS

You have been fit with an **Ankle Foot Orthosis (AFO)** or **Knee Ankle Foot Orthosis (KAFO)**. Unless otherwise instructed, allow your body to get used to the device by using a gradual wear schedule. Start with an hour today and increase one hour per day as tolerated. Following use, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. This redness should not persist longer than 15 minutes after removal of the orthosis. Redness that does not disappear can be a sign of excess pressure. If this is the case, or there is any sign of numbness, tingling, color change, excessive itching, swelling or pain developed, discontinue use. Please contact our office for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.

Your orthosis should always be worn with a sock (and shoe). The sock must extend past the top of the orthosis to help prevent rubbing and will absorb perspiration. Low heeled, lace up shoes such as walking shoes or sneakers are ideal. The shoe should fit snugly with the orthosis and you should not feel your foot slip inside. *Never walk on the orthosis without a shoe on* as this could cause you to slip and fall or break the orthosis. If you have questions regarding the appropriateness of a pair of shoes, please check with us. If the hinges of the orthosis start to squeak, you may apply a dry lubricant such as Teflon™ or silicon spray, or PAM™ cooking spray. All straps should be snug, but not tight. Your orthosis can be cleaned with a wash cloth and mild soapy water. Make certain all soap residues are removed and the orthosis is completely dry before wearing.

Make sure you are comfortable with how to properly put on and take off your orthosis. Never attempt to modify your orthosis yourself.

Please inspect your orthosis daily for any signs of wear including cracking, loose parts, or decreased effectiveness of the device and call our office if any of these begin to happen. Excessive wear to the soles of your shoes can adversely affect brace function. A yearly check up is recommended.

Patient Signature

Date