

FOLLOW UP

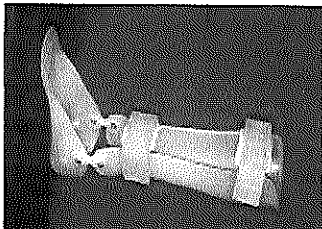
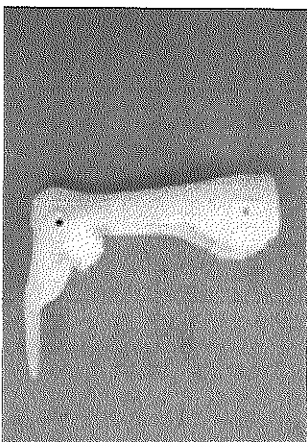
Your orthosis should be re-checked if any problems develop as described in this brochure.

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Allegheny
ORTHOTICS & PROSTHETICS

**CUSTOM AFO USE & CARE
INSTRUCTIONS**



You have just received or have been using our ankle foot orthosis (AFO).

DONNING THE ORTHOSIS

It is very important to apply the AFO in a proper fashion. This will allow the device to be used to its fullest potential providing the greatest benefit and comfort.

1. Select proper socks:
 - a) Socks must extend above the AFO-so that the device does not come in contact with the skin.
 - b) Socks must be close fitting (wrinkle free)
2. Donning the AFO by bending the knee slightly-this helps to flex the ankle.
3. Slide foot into AFO. Check for wrinkles in socks.
4. Make sure the heel is all the way in the AFO prior to attaching strap.
5. Attach straps to hold AFO in place.
6. Apply shoe that allows proper toe clearance. You may need to increase the shoe size by 1/2 size larger ----(Avoid slip on shoes)

USE/SKIN CARE

It is important to keep a close eye on your skin conditions. Sometimes problems and discomfort with the use of the AFO can be avoided if good skin care is practiced.

1. Gradually increase your wearing tolerance during the break-in period as indicated by your orthotist. The normal break-in period is 7-10 days.
 2. Each time the orthosis is removed during the break-in period, check for redness in places where the AFO comes in contact with the foot or leg.
 - a). Remove the AFO every 2-4 hours for the first few days. If any part of the leg or foot shows signs of redness keep the orthosis off for half an hour. Usually the redness disappears in 20-30 minutes.
- NOTE:** Areas that repeatedly seem to get red: this may give you a clue as to whether or not the AFO is snug enough or too loose, increased redness may occur. (**Consult your Orthotist**)
- a) If blisters or abrasions occur, discontinue use. (**Consult your Orthotist**).
 - b) With decreased sensation in the lower extremity check the condition of the skin more frequently.
 - c) With decreased sensation in lower extremity check the condition of the skin more frequently.

CARE OF THE ORTHOSIS

1. Wash your orthosis daily with a mild soap using a damp cloth. If you have soap allergies, use only the soap that has been approved by your physician.
2. If your plastic orthosis has metal parts, do not immerse it in water.
3. Your orthosis needs to be completely dry prior to applying.
4. Dry Velcro closures thoroughly. Wet Velcro will not stick properly.
5. In the 1st week of wearing, check all screws (if applicable) daily and tighten if needed. Beginning with the 2nd week, check all screws weekly and tighten as needed.
6. Lubricate all metal joints once a month with a light-weight lubricant such as WD-40.
7. Have Velcro replace as soon as the fabric wears out and fails to stick.