

DATE:

PATIENT NAME:

ORTHOTIC DEVICE: Custom Ankle Foot Orthosis (AFO)

WEARING INSTRUCTIONS: POST SURGERY

- When applying the AFO, always provide a stretch first and slide the heel all the way to the back of the orthosis in the corrected position and hold in place snugly by the ankle strap. Adjust the toes in place and apply toe strap if there is one. Adjust the orthosis with the ankle strap on so that it is in alignment with respect to the leg and do up the top-tibial strap snugly.

It is important to slowly wean into the orthosis, however since the orthosis is for protection and stability following surgery it is important to wear it at all times. It should be monitored closely and exact wearing time determined from your doctor.

There should be no pain resulting from the orthosis, and any discomfort should have dispersed by two weeks of gradual weaning into it. If at this time, there is still discomfort or an adjustment is necessary please call for an appointment.

Always check and monitor the skin over the feet. There should be no redness over bony areas. Redness anywhere else should disperse over 10-20 minutes.

If there is redness which remains or redness over a bony area, first make sure that the foot orthosis was applied correctly with the shoe on snugly, as otherwise, the foot may shift in the orthosis.

If the redness remains and was not due to incorrect application, an adjustment may be necessary. Please call to make an appointment and provide details of the problem you are experiencing.

There is a **90 day warranty period** on the custom orthosis for satisfactory fit and workmanship. If any adjustments or repairs are required during this period of time under the above mentioned conditions, these will be covered under the warranty period.

The cast will be kept for 6 weeks and then will be destroyed. Therefore, it is important that problems be identified right away.

The patient will need **a check up appointment in 4-6 months time**. If you have any questions or concerns please make sure to call and I will be glad to be of help.

Thank you,

Serap Kaga, B.Sc., C.O. (c) Certified Orthotist

Jarrod Tucker, C.O., (c) Certified Orthotist

Shannon McCann, B.Sc. Phsi., Resident Orthotist