

DATE:

PATIENT NAME:

ORTHOTIC DEVICE: Custom Ankle Foot Orthosis (AFO)

WEARING INSTRUCTIONS:

- 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, Start wearing it gradually by increasing wearing time by 30 minutes every time they are reapplied.
- Once the orthosis is tolerated for a long enough period of time, it can be worn all day without any concerns.
- There should be no pain resulting from the orthosis, and any discomfort should have dispersed by two weeks of gradual weaning into it at which time should be completely used to the orthosis. If at this time, there is still discomfort or an adjustment is necessary please call for an appointment.
- The orthosis should be worn every day for maximum effect. If it is not worn every day, it will be more difficult to adjust to the position of correction. As well, if there is any long period of time during which it is not worn, due to illness or holidays, then start wearing it gradually again to insure tolerance is built up again.
- 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 orthoses 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, if you have any concerns please advise before that time period.

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.

Jarrod Tucker, C.O., (c) Certified Orthotist
Serap Kaga, B.Sc., C.O. (c) Certified Orthotist
Shannon McCann, B.Sc. Phsi., Resident Orthotist