

Custom Ankle Foot Orthosis (AFO)

***Please note that these are generalized instructions. Please follow your patient-specific instructions from your orthotist and/or physician if they are different from what is stated below.**

If the orthosis is being worn after surgery, Botox injections, and/or serial casting, begin wearing your orthosis full-time immediately or as directed by your physician and monitor closely.

WEAR INSTRUCTIONS

- Wear a seamless, cotton sock that is as high as the length of the orthosis. Ensure there are no wrinkles.
- Bend the hip and knee, lift the toes up, and slide the heel along the bottom of the orthosis all the way to the back. Look through the two holes drilled in the heel of the orthosis to check.
- Apply the ankle strap first, then the toe strap (if applicable), then the tibial strap. All straps should be applied snugly with no gapping between the leg/foot and the orthosis.
- Open the shoe as wide as possible before placing the toes in. Wiggle and slide the shoe back and over the heel of the orthosis. Secure the shoe snugly.

WEAR SCHEDULE

- It is important to slowly wean into wearing the orthosis to build up tolerance. Gradually increase wear time by approximately 1 hour per day until it can be worn full-time without any concerns.
- Always check and monitor the skin. There should be no redness over bony areas. Redness anywhere else should dissipate 10-20 minutes after removal.
- There should be no pain from the orthosis, and any discomfort should dissipate after two weeks of wear.
- The orthosis should be worn full-time for maximum effect (unless otherwise indicated by your orthotist and/or physician). If not, it will be more difficult to adjust to the corrected position. If there is a long period of time in which the orthosis is not worn (i.e., due to illness or holidays), then start weaning into wearing it again.
- If discomfort and/or redness does not dissipate as indicated, first make sure that the orthosis was applied correctly. If an adjustment is necessary, please contact us immediately and provide details of the problem you are experiencing.
- If the orthosis has a **stretching strap**, this should be tightened to provide a slight stretch or as directed by your orthotist or physician. The amount of stretch can also be gradually increased with time and tolerance.

CARE INSTRUCTIONS

- Always check all components to ensure they are secure and in-tact.
- Clean the orthosis regularly by wiping it with warm water and mild, skin-friendly, scent-free soap and let it air dry completely.
- Do not submerge in water. Remove orthosis for bathing.
- Do not use bleach. Do not wash in the washing machine or place in the dryer.

There is a **90-day warranty period** on the custom orthosis for satisfactory fit and workmanship. Any adjustments or repairs that are required during this time will be covered under the warranty period. **Please call us immediately if you notice any damage or have any questions or concerns.**

Your cast will be kept for 6 weeks after the fitting, after which it will be destroyed; therefore, it is important that any problems be identified right away.

Thank you,

The Ortho Dynamics team