

**CARE PLAN**  
**AFO**  
**Ankle Foot Orthosis**  
**with or without spreader bar**

Patient's Name \_\_\_\_\_  
Delivered By \_\_\_\_\_  
Date Delivered \_\_\_\_\_

The orthosis should be worn by the patient for half hour intervals the first day and then it should be removed from the patient for approximately 20-30 minutes. The socks should then be removed and the skin checked very carefully for any redness or marks. If any are found, the orthosis should not be put back on until these marks go away, which may take 20-30 minutes. The orthosis may then be reapplied to the patient. For the next week, the wearing time should be gradually increased. If no further complications arise, the orthosis may be worn full time. Continuous monitoring is recommended to ascertain that no irritation is experienced and that the orthosis is correctly worn.

**PLEASE NOTE :**

The orthosis may need to be re-adjusted or re-applied on the patient during the course of the day.

Do not hesitate to call our office for help with adjustments or with any questions you may have.

### **PLASTIC AFO USE AND CARE**

YOU HAVE JUST RECEIVED OR HAVE BEEN USING OUR ANKLE FOOT ORTHOSIS (AFO). THE PURPOSE FOR WEARING THIS DEVICE CAN FALL INTO ONE OR ALL OF THE FOLLOWING.

1. PREVENTION OF FOOT DROP (FAILURE TO MAINTAIN THE FOOT IN A NORMAL FLEXED POSITION) DUE TO EXTENDED BED REST, TRAUMA TO THE FOOT OR LEG CAUSING PARALYSIS OR MUSCLE WEAKNESS WHICH FLEXES THE FOOT.
2. PREVENT HEEL CORD TIGHTNESS
3. SUPPORT THE FOOT IN PROPER POSITION FOR STANDING AND WALKING.

### **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. DON 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 CONDITION. 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.