



## Carbon Graphite AFO

You have been fit with a carbon graphite Ankle foot Orthosis (AFO). Unless otherwise instructed, please use a gradual break in schedule to allow your body to get used to the device. Begin wearing the AFO/KAFO one hour today. Add an additional wearing- hour per day as tolerated. After you have worn the AFO/KAFO for the required time, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

Your AFO should always be worn with a sock *and shoe*. The sock must extend past the top of the orthosis. Low heeled, lace up shoes, such as a walking shoe or sneakers are ideal. The shoe should fit snugly with the orthosis, not allowing the foot to slip inside of it. Never walk on the orthosis without a shoe on. This could cause you to slip and fall or break the orthosis. If you have questions regarding the appropriateness of a pair of shoes, please check with us. Also be sure all straps on the orthosis are snug, but not tight. Your orthosis can be cleaned with a wash cloth and mild soapy water. Make certain all soap residue is removed and the orthosis is completely dry before re-applying. Avoid using a hair dryer or placing near a heater to speed up the drying process as this may damage the device. Make certain the orthosis is reapplied properly, with all straps secured snugly.

When going up or down stairs be sure to place your entire foot on the step. If using a ladder, place the center of your foot on the ladder rung. Any squatting should be kept to a minimum and if done, be sure to loosen the top calf strap on the AFO to reduce some of the stress on the brace.

Be certain you are comfortable with putting on and taking off your orthosis and never attempt to modify your orthosis yourself. Please inspect your orthosis daily for any signs of wear including cracking, loose parts or decreased effectiveness of the device and call our office if needed. Also, don't hesitate to call if you have any questions about wearing the device. A yearly check up is recommended.

If you were given specific manufacturer care instructions for your orthosis please be sure to follow the directions closely.