

PATIENT INSTRUCTIONS

- You will immediately notice that the Schwartz AFO is quite a bit different than the normal, in shoe, AFO.
 - The Schwartz AFO becomes a part of your shoe as apposed to a typical AFO which will fit into your shoe.
 - You will no longer put the AFO into the shoe first then try to get your foot into the AFO and shoe. Now, you will simply put your foot into your shoe naturally.
1. Hold your shoe in one hand and the AFO in the other.
 2. Tilt the AFO back (towards the ground) and slide your foot into the shoe making sure that the posterior (back) aspect of the AFO clears your leg.
 3. Slide your foot into the shoe.
 4. The AFO “upper” portion or posterior (back) aspect will conform to the back of your leg.
 5. The calf band of the AFO should align with the back of your calf and contour to the back of your leg. If it doesn't, your brace may need to be “height” adjusted. This is best done by your healthcare professional to insure that the posterior strut and calf band are in the proper position.
 6. Tie your shoelaces, buckles, or Velcro straps of your shoe tightly.
 7. Pull the calf strap of the AFO around the front of your leg and secure it tightly to the opposite side of the calf band.
 8. Stand up and walk a short distance (about 4 or 5 steps)
 9. If you feel any discomfort, notify your health care professional immediately. Your brace or shoe may need adjustment.