



Plastic AFO/KAFO

You have been fit with an Ankle Foot Orthosis (AFO) or Knee Ankle Foot Orthosis (KAFO). Unless otherwise instructed, please use a gradual break in schedule to allow your body to adjust to the device. Start with one hour today and increase one hour per day as tolerated. Following use, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness should not persist for more than 15 minutes after removal. Redness that does not disappear can be a sign of excess pressure and should be addressed. Discontinue use if any sign of numbness, tingling, color change, excessive itching, swelling or pain develops. Please contact our office for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.

Your (K)AFO should always be worn with a sock and shoe. The sock must extend past the top of the orthosis. This will help prevent rubbing and absorb perspiration. Low heeled, lace up shoes, such as a walking shoe or sneaker 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 harming yourself and/or the orthosis. If you have questions regarding the appropriateness of a pair of shoes, please check with us. If the hinges start to squeak, feel free to apply some dry lubricant, such as Brace Ease™, Teflon™ or silicone spray, or PAM™. All straps should be snug, but not tight. Your orthosis can be cleaned with a wash cloth and mild soapy water. Saddle soap can be used on leather portions. Make certain all soap residue is removed and the orthosis is completely dry before re-applying.

Make sure you are comfortable with how to properly put on and take off your orthosis. 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 as needed. Excessive wear to the soles of your shoes can adversely affect brace function. A check-up every 3-6 months is recommended.

If you have questions or concerns, please contact:

Arise Orthotics & Prosthetics, Inc.
8338 Highway 65 NE, Suite E
Spring Lake Park, MN 55432
(763) 755-9500 Phone
(763) 755-9510 Fax