

Fitting Protocol for the Schwartz AFO

- In order to best accommodate the patient's needs, it is necessary to perform both an open and closed kinetic examination, as well as evaluating the patient during ambulation.
- The shoe is an integral part of this brace. Therefore, appropriate shoe wear is extremely important. Not only does the shoe have to fit the foot properly but it must be the right style of shoe. The shoe size should be dictated by the largest foot. Accommodation can be made if there is a discrepancy between the right and left feet. If the discrepancy is too great to accommodate the smaller foot, then mismatch shoes can be utilized. Feet that have lateral or medial instability, hiking boots or shoes that come above the ankle may be a good choice. Shoes that do not have elastic, laces or Velcro closure may compromise the overall effect of this brace.
- The vertical portion of the brace **has** height adjustment capability. The distance from the horizontal portion of this device and the insole must be adjusted to fit the vertical height needed. The upper portion of the calf band should rest at the apex of the calf convex.
- For lateral and medial instability, a slight flare should be added to accommodate straps just above the ankle.