

General Wear and Care Instructions for your KAFO

Your healthcare professional would have shown you how to put on and remove your orthosis at the time of your final fitting. At that time, you may also have received the following instructions; however, this will serve as a reminder and give you something to refer to when you have a general question regarding wear and care of your orthosis.

Your AFO/KAFO must be worn with a shoe, since it is ineffective without one. Lace up or Velcro the orthosis first, and then put on the shoe, using a shoe horn if necessary or place orthosis in shoe and use orthosis as a shoe horn. Always wear a sock, stocking, or similar garment under the orthosis to reduce friction and protect from perspiration. Remember to keep the sock wrinkle-free without placing excess pressure on the toes. Using talcum powder and changing the sock promptly after perspiration buildup will also keep you more comfortable. Natural fiber socks, such as cotton, allow better air circulation and absorption of perspiration.

It's important to maintain the same shoe heel height for which your orthosis was designed. Excessive height strains your knees and back creating instability. Heels which are too low may also cause knee and back pain. As we have explained, shoes worn with an orthosis should provide sufficient support: slippers, sandals, and loafers may be inappropriate, depending on your foot and ankle condition.

Patients with an AFO/KAFO should check regularly for signs of skin pressure and irregular shoe wear, reporting them to the office of the healthcare professional.

Self- Examination

Your AFO/KAFO was made to fit you properly and provide the greatest degree of comfort. Like breaking in a new pair of shoes, it may take a brief period before the orthosis feels natural. Follow the instructions of your healthcare professional, regarding the length of time to wear the device as you build up your tolerance.

A properly fitting orthosis exerts a firm, steady pressure, similar to an open-palm hand pushing against the skin. It should not cause any sharp stabbing pain or create bruises,