



Patient Education

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Ankle-Foot Orthosis (AFO)

The ankle-foot orthosis is a lightweight, custom molded plastic shell, which sometimes has pads and straps. There are various styles of AFOs, including solid ankle, articulated, post leafspring and floor reaction. All of them are designated to provide support for and help maintain proper positioning of the ankle and foot. These orthoses place the ankle and foot in good alignment, improve weight-bearing and mobility, and help minimize potential orthopedic complications.

Putting on your AFO

1. Apply a cotton stockinette or cotton tube sock that extends past the top of your orthosis.
2. Loosen all the AFO straps.
3. Slide the AFO into position, ensuring that the heel is fully seated in the heel cup. To ensure that the heel is as far into the AFO as possible, bend the knee, and apply slight pressure over the instep area.
4. Secure the instep strap with enough tension to prevent the heel from slipping.
5. Secure the top strap with enough tension to prevent your calf from moving.
6. Slide the foot with the AFO into a shoe. Tie or secure the shoe to prevent the AFO from sliding with footwear. A slightly larger and wider shoe may be necessary to accommodate your foot and the AFO. Shoes with fabric fasteners (like Velcro closures) and wide toe boxes are typically easier to put on over the AFO.

Taking off your AFO

1. Remove the shoe from your foot and the AFO.
2. Loosen all AFO straps.
3. Slide your foot from the AFO and re-attach all straps to prevent build-up on the fabric fastener.

Caring for Your Orthosis

- Clean the plastic shell daily with mild soap and warm water.
- Don't soak the pads and straps.
- Allow your orthosis to dry completely before reapplying.
- Clean out the fabric fastener on the straps to assure fastening ability.
- Keep your orthosis away from extreme heat or flame.
- Inspect your orthosis daily. If it needs repair, call Scheduling (651-229-3944) to make an appointment with an orthotist. Home repair is not advised.

Warranty

All ATD products are guaranteed for 90 days and ATD will make any adjustments necessary for the patients' comfort at no charge. After 90 days, it is at the discretion of the department.



To view this document form the internet, go to: <http://www.gillettechildrens.org/myAFO>

To view just the video, go to: <http://www.youtube.com/watch?v=BKN14PsxSok>