

## HOW DO I PUT BRACES (AFOS) ON PROPERLY?

### Step 1: Preparing the Leg

- Check that the child is wearing a knee high plain cotton sock with all wrinkles pulled out of it
- IMPORTANT – bend the hip and knee
- Pre-stretch the ankle muscle by pushing up at the toes

### Step 2: Putting on the AFO

- Keep the hip, knee and ankle bent at a 90 degree angle
- Use one hand to hold the AFO with the ankle strap open
- Start with the heel firmly touching the toe plate of the AFO
- Slide the heel all of the way back into the AFO

### Step 3: Fastening the Straps

- Keep the heel firmly planted in the AFO with your thumb as you thread the ankle strap through the loop and fasten it
- Fasten the top strap
- Pull the sock out from under the ankle strap to avoid wrinkles

### Step 4: Check

- Check that there is no space behind the heel
- Check that the straps are done up to the usual tightness\*
- Check that the tip of the toes are just inside the edges of the toe plate

\*Ask the Orthotist to mark the proper strap tightness

*If any of the above checks fail, remove the AFO and go back to Step 1. This will help you avoid any uncomfortable skin and pressure problems. It will get easier with practice!*

