

CUSTOM ORTHOTICS OF LONDON INC.

AFO CARE SHEET

WEARING

- It is IMPORTANT to slowly wean into the orthosis, start wearing it gradually by increasing wearing time by 30 minutes every time the AFOs are reapplied.
- Once the orthosis is tolerated for a long enough period, it can be worn all day without concerns, as specified by the prescribing doctor and orthotic specialist.
- If there are any prolong periods when the device is not worn, restart the gradual weaning schedule to insure tolerance is built up again.
- There should be no pain resulting from the orthosis, and any discomfort should dissipate within two weeks of full time wearing.
- If discomfort persists, an adjustment may be necessary. PLEASE CALL to make an appointment.
- If there are any red markings over bony prominences when you doff the device;
 - Wait till the markings disappear.
 - Reapply the orthosis, making sure it has been done according to below and the ankle in the correct position.
 - Be sure to check the areas for red mark in the future.
- If the redness remains and does not disappear within 30 - 40 minutes, an adjustment may be necessary. Please call to make an appointment.
- Do not neglect your feet and wear till skin breakdown. Be proactive and inspect for pressure sores!

SUGGESTED FOOTWEAR:

- The orthosis must ALWAYS be worn with a shoe when standing or walking as the thermoplastic bottom can be very slippery.
- Low top, lace-up athletic style shoes with a flat bottom and strong heel counter work best.
- Remove the insole when possible to accommodate the orthosis.
- Extra depth shoes and sandals with removeable insoles can be ordered & purchased at Custom Orthotics of London Inc.
 - Anodyne, New Balance, Biotime, Mount Emery, Apis, Apex, Aetrex
- For additional information, see the "Finding the Right Shoe" document.

CLEANING THE ORTHOSIS:

- To clean the inside of your orthosis, wipe using a damp wash cloth.
- Rubbing alcohol has proven to work best.
- Clean at least once a day, every day.
- Dry well before re-applying.

DONNING:



1. When donning the AFO, ALWAYS provide an Achilles stretch and slide the heel all the way to the back of the orthosis in the corrected position. Fasten the ankle strap to hold in place.
2. Ensure the toes are in place and apply the toe strap if there is one.
3. Fasten the top tibial strap once the orthosis is in the correct position.
4. Lastly, tighten the straps to a comfortable fit.