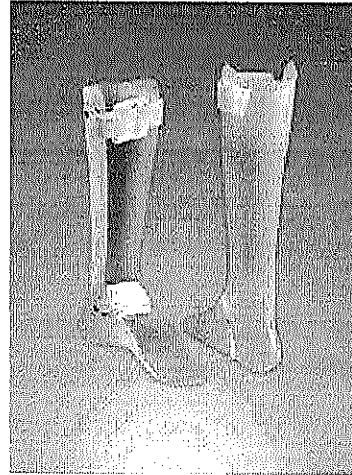


Health PEI Santé Î.-P.-É.

Certified Orthotist

Certified Orthotists CO(c) are uniquely trained professionals who provide comprehensive patient care for individuals in need of orthotic treatment. Certified Orthotists CO(c) evaluate and design solutions for patients requiring an orthosis due to muscle/bone impairment, disease or deformity. For more information, please visit: www.opcanada.ca



What is an AFO?

An AFO is an Ankle-Foot Orthosis, also known as a brace or a splint. An AFO is commonly used to control foot and ankle position and improve mobility.

Physical Medicine Orthotist, QEH

PO Box 6600 Charlottetown,

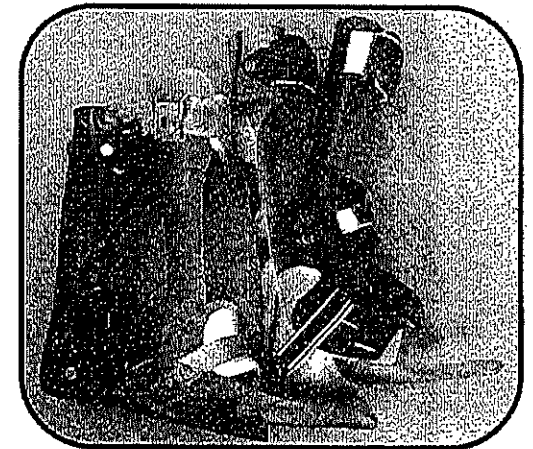
PE C1A 8T3

PHONE: 902 894 2062

FAX: 902 894 2490

AFO Wearing & Care

Instructions



1ST APPOINTMENT: CASTING

Your Orthotist will :

- gather information
- perform a physical assessment
- make a cast of your ankle and foot for the AFO.

FOOTWEAR

Your AFO must be worn with shoes. Shoes provide cushion and a non-slip surface for walking. Your orthotist will discuss foot wear at your 1st appointment.

What to look for in a shoe:

- Appropriately sized-typically 1 size larger than your regular shoe size
- Extra width and depth
- Lace or Velcro closure
- Removable insole
- Shoes with back support

2ND APPOINTMENT: FITTING

- When your AFO is ready you will be contacted for your second appointment. It is important to bring a pair of shoes to wear with your AFO.

During your appointment your orthotist will:

- Try the AFO on and trim the AFO to fit in shoe
- If possible, assist you to stand or walk in AFO
- Adjust any pressure areas to achieve a comfortable fit

3RD appointment may be scheduled if necessary.

PUTTING THE BRACE ON

- Wear your AFO with a long sock that extends past the top edge of the AFO. This will reduce rubbing on your skin and help keep sweat from irritating your skin. Socks can be purchased on your own or available for sale at the QEH.
- Bend your knee to put the AFO on and make sure that your heel is down and touching the back of the AFO.
- Fasten all straps as snug as possible to ensure a proper fit.

WEARING SCHEDULE

- Gradually increase wear time with AFOs to allow skin to adjust to the new pressures.
- Begin by wearing 2 hrs on and 1 hr off.
- Over next few days increase time wearing AFO to all day or amount of time directed by orthotist.

THINGS TO LOOK FOR

- Redness or indentation of skin lasting more than 20-30 minutes
- Blister, callous, or skin breakdown
- Any damage to the AFO

Care Instructions

- Wipe AFO with a damp cloth with some mild soap, and then wipe residual soap off with a damp cloth. Ensure no soap is left on the brace as it can cause skin irritation.
- Air dry only
- Do not submerge AFO in water

If there are any concerns or questions with your AFO contact orthotics in Physical Medicine, QEH at 902 894 2062 to book a follow up appointment.