



Plastic AFO (Ankle Foot Orthosis)

A plastic AFO is a brace worn to help with the function of the lower leg. The device is made of plastic that is molded or modified to fit your foot and leg. These braces are worn **over a protective sock** and **always worn with a shoe**. Always follow specific instructions given to you by your doctor and practitioner.



What does it do?

Depending on your condition the brace may be designed to:

- Offer external support to your leg.
- Help in lifting your toes to keep them from catching while you walk.
- Maintain the alignment of your ankle.
- Provide support and stabilization of your knee.

Wearing Break-in Schedule

Always check your skin after wearing your brace **each time**. Any areas of pink should fade away after 10-15 minutes. If marks do not disappear after 10-15 minutes, or if you observe deep red marks, blisters, or bruises, contact your practitioner immediately. If you have any concerns **do not** wear the brace until you follow up with your practitioner.

Day 1 – Wear the brace for 1 hour.

Day 5 – Wear the brace for 5 hrs.

Day 9 – Wear the brace for 9 hrs.

Day 2 – Wear the brace for 2 hrs.

Day 6 – Wear the brace for 6 hrs.

** Continue to add 1 hour each

Day 3 – Wear the brace for 3 hrs.

Day 7 – Wear the brace for 7 hrs.

day until full wear is achieved. This usually takes at least 2 weeks.

Day 4 – Wear the brace for 4 hrs.

Day 8 – Wear the brace for 8 hrs.

Precautions

Prior to wearing the brace, it is important to check the following things on the brace and your leg every time.

- Make sure the brace is **clean and dry**.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure the rivets and straps are secure on the brace.
- Make sure your skin is **clean and dry**.
- After wearing your device, examine your skin and look for abnormal redness, blisters or sores **each and every time**. Using a mirror may be helpful if you have difficulty seeing any areas on your foot or leg.
- This device is designed to **always** be worn with socks and shoes. The sock should cover all areas of your leg that contact the brace.
- Clean your device with hypoallergenic soap and water. **Do not** immerse the device in water.

** If you find any areas of concern or have questions, **contact your practitioner before wearing the brace**.

How to apply the brace to your leg

Apply a clean and dry sock that covers all areas of skin that would otherwise contact the brace. Make sure the heel of the sock is over the heel of your foot and the sock is wrinkle free. Use the method your practitioner taught you to apply the brace. The 2 general methods are:

Method 1: Place the brace carefully onto your leg and foot. Attach the straps snugly and comfortably, but not overly tight. Now that the brace is on your foot, place your foot & brace into your shoe. Then, fasten your shoe normally.

Method 2: Place the brace into your shoe. Place your foot into the brace and into the shoe. Attach the straps snugly and comfortably, but not overly tight. Then, fasten your shoe normally.