

ANKLE FOOT ORTHOSIS (AFO)

WEAR / CARE AND BREAK-IN
INSTRUCTIONS



Des Peres MO. 314-775-2041
Festus MO. 636-232-2982
Fairview Heights IL. 618-212-0006

WEAR / CARE

1. The new position of your foot and ankle in the (AFO) may require you to acquire new balancing skills. Expect a learning curve.
2. As the foot and leg adapt and skills improve, the (AFO) may need to be adjusted.
3. If function does not improve after two weeks of wearing, it could indicate a need for adjustment or modification to the (AFO).
4. You may clean the (AFO) with mild soap and water and disinfect it with rubbing alcohol. Do not immerse your (AFO) in water.

SKIN PRECAUTION

Always wear a full-length sock under your AFO. During the break-in period, you must check your skin at least twice daily to safeguard against pressure related sores. If any red marks or signs of irritation are noted, time them, for this may indicate a pressure area that requires attention. If a reddened area does not fade away within 30–40 minutes after the (AFO) is removed, please discontinue use and call P&O Care.

BREAK-IN SCHEDULE

This initial one-week schedule will ensure a gradual build up of time in the (AFO) which will allow you to monitor any issues that may arise and ensure the proper adaptation of your foot to the (AFO).

- ▶ Day One: 2 hours for day 1
- ▶ Day Two: 3 hours for day 2
- ▶ Day Three: 4 hours for day 3
- ▶ Day Four: 5 hours for day 4
- ▶ Day Five: 6 hours for day 5

SPLITTING UP THE DAILY TIME
REQUIRED, INTO SMALLER
INCREMENTS IS ALLOWABLE.

After the fifth day **AND** no pressure related sores present, then full-time wearing of the (AFO) is indicated.

FALL PRECAUTION: DO NOT ATTEMPT TO WEAR THE (AFO) WITHOUT A SHOE DUE TO THE SMOOTH TEXTURE OF THE PLASTIC