

## Ankle foot orthosis (AFO)

You have been prescribed an AFO, it has been manufactured for your specific needs by your Orthotist.

### AFOs are used to:

- Improve your walking pattern
- Realign some or all of the joints in your lower limb.
- Provide support to weakened or weakening joints.
- Prevent movement which is a detriment to walking
- Reduce pain
- Provide protection

### Putting on your AFO

It is important that you put your AFO on properly to make it comfortable and prevent rubbing.

A close fitting cotton sock should be worn between your skin and the AFO.

Your heel should be firmly inserted into the back of the AFO and the straps fastened securely.

Your footwear should then be fitted over your AFO.

Your AFO should always be worn with a well-fitting shoe.

### Footwear

Characteristics of appropriate footwear

- Approximately a 1 inch heel height
- Removable inlays
- Low opening
- Strong and firm upper material
- A lace, velcro, or other supportive fastening
- A wide heel

If your AFO will not fit into your shoes you may need to choose a half or a whole size bigger.

### Wearing-in period

You will need to take some time to get used to your AFO. This list suggests the length of time you should try and wear it each day.

Suggested wear times:

- Day 1.....30 minutes
- Day 2.....1 hour
- Day 3.....1-2 hours
- Day 4.....2 hours
- Day 5.....3 hours
- Day 6+.....continue increasing hourly.
- 1-2 weeks.....you should be able to wear the AFO all day.

# Orthotic Department

It is usual to have some mild red marking to the skin as you begin wearing in your AFO. If marking persists 40 minutes after taking your AFO off, or you notice any worsening symptoms please stop wearing it and contact the orthotic department for a review.

## Looking after your AFO

You will need to look after your AFO and keep it clean.

- You can clean it with a damp cloth and leave to air dry.
- If the Velcro straps or lining of your AFO become worn bring it into the Orthotic department for repair.
- Please do not try to adapt or fix the AFO yourself.
- Your AFO has been prescribed for you and shouldn't be given to anyone else as this could cause them problems.
- Keep it away from pets and children.

If you feel at any point your AFO requires attention do not hesitate to contact the orthotic department.

## What happens if I have a problem?

If you require any further assistance, please contact:

Orthotic Department

**The Rotherham NHS Foundation Trust**

Moorgate Road

Rotherham

S60 2UD

Telephone : 01709 304385

Your Orthotist is:

