

Knee Ankle Foot Orthosis (KAFO)

You have been prescribed a KAFO. It has been manufactured for your specific needs by your Orthotist

KAFOs are used to:

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

You will be provided with 2 KAFO's to allow for repairs.

Putting on your KAFO

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

Your Orthotist will carefully run through the fitting process with you. If you have any questions please feel free to ask.

Footwear

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

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 KAFO 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 KAFO. 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 KAFO all day.

Orthotic Department

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

Looking after your KAFO

You will need to look after your KAFO and keep it clean

- You can clean it with a damp cloth and leave to air dry.
- If the Velcro straps, knee joints or lining of your KAFO become worn bring it into the Orthotic department for repair.
- Please do not try to adapt or fix the KAFO yourself.
- Your KAFO 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.
- Your KAFO needs to be checked every six months to ensure it is in good working order; you will be contacted regarding this

If you feel at any point your KAFO(s) require 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:

