



My Plastic AFO (Ankle Foot Orthosis)

You have just received a device that was provided to assist you with the function of your lower leg. The device is made of a type of plastic that was molded or modified to fit comfortably to your foot. Depending on the reason (Diagnosis), you may have one for one or both of your legs. They are usually worn over a protective sock or sleeve and normally, not worn without a shoe.

Why do I need it?

Depending on your condition, the device is designed to offer external support to your leg, help in lifting your foot to keep from catching your toes, maintaining the alignment of your ankle or in some cases, provide support and stabilization of your knee.

Applying the device to your limb

Prior to donning (applying) the device, you should check the device to make sure it is clean and dry, check it for any cracks, rough or worn areas or loose rivets and straps. Should you find any areas of concern, **contact your practitioner prior to wearing the orthosis**. If all is in order, now is the time to make sure that your skin is *clean and dry*. Examine the skin, paying particular attention to the areas between your toes, sole of the foot (using a mirror if you have difficulty seeing it), for any areas of concern. Apply a *clean and dry* calf length protective sock, making sure that the heel and toe are in the proper alignment and that it is wrinkle free. Place the device on your lower limb, paying particular attention to the fit on your foot and calf area. Attach any straps that were provided on the snugly but not overly tight. Place the device either in your footwear or while it is on your foot depending on the verbal instructions your practitioner gave you during your fitting. Make sure that it is in the proper position in

your footwear, tighten all straps or laces comfortably and secure.

How long should I wear my AFO?

Your AFO has been designed specifically for you. Wear the device as instructed by your practitioner as different orthoses have different wearing schedules.

Precautions

- Remember to **'Ask Questions'** if you are not sure of anything regarding your device
- This device is designed to ***always*** be worn with footwear
- Clean device with hypoallergenic soap and water. Do not immerse

Check the device for

- Any loose strap attachments
- Cracks, worn areas, sharp edges
- Anything that appears out of the normal

Check your leg for

- Abnormal redness
- Blisters or sores

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