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Welcome to your new orthotics. Take your time to get accustomed to wearing your braces.

WEARING INSTRUCTIONS FOR AFO'S

1. Graduate the time of use with your orthosis. In the beginning, it should be worn for a short period of time and then taken off (see schedule below). Remove sock and check for redness. Re-apply the orthosis and wear it for a longer period of time and inspect the skin again.

Days 1 to 3: Wear 1 hour then check for redness. Redness should disappear within 20 minutes. Do this one more time a few hours later on the same day.

Day 4 and on: Add 1 hour of wear per day until wearing fulltime or as long as prescribed by your Doctor or Therapist.

- **Goal** - after a 2 week breaking-in period, orthotics should be worn 75% of the wake time.
 - **Redness** - redness is normal and should last 10-15 minutes after taking off the brace(s). If after one week redness lasts longer than 20 minutes, please call. However, in a person with sensitive skin, redness may last longer than 30 minutes.
 - **Time** - may vary based on sleep time.
 - **Physical Therapist** - your Physical Therapist may choose to alter times, which would be ok.
2. The shoe is an important integral part of the orthosis. The shoe must be laced or velcro for ease in donning, and to hold the foot securely in position. If the shoe is too large and not snug on the foot, the AFO will not work well. Remember, it was molded exactly to a cast of the leg. Also keep the same heel height if you change shoes. A higher heel can throw you forward and a lower heel can throw you back.



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- A flat sole shoe with laces is preferable to be worn with the braces. Examples of shoe brands: New Balance, Van/DC's, Stride Rite, Tsukihoski Speed (from Olly for Kids Store), Nike, Kangaroo, Hatchback and Sure Step (can be purchased online only), MT Emey, Saucony.
3. If you feel pain or see persistent redness:
 - a. Make sure the shoelaces/velcro are snug and the shoe is appropriate.
 - b. Call immediately for any adjustment
 - c. **IF BLISTERS APPEAR, TAKE OFF ORTHOTICS AND CALL OUR OFFICE IMMEDIATELY.**
 4. Always wear a clean sock that comes higher than the top of the orthosis. This provides an air layer between the leg and plastic and helps to protect the skin.
 5. To clean braces, simply wipe with a damp cloth. Dry well before re-applying.

The above wearing schedule has been recommended by your Orthotist, however if you have received a wearing schedule or instructions from your Physical Therapist or Physician, disregard the above and follow THEIR instructions.

If you have questions regarding any of the above, please call us at
Ortho Design 778-478-7014