



Ortho Design

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WEARING INSTRUCTIONS FOR NIGHT STRAPS on AFO's

If you have been told to wear night straps on your AFO's, here is important information for you:

- Only tighten so much that your heel doesn't come more than $\frac{1}{4}$ " off the bottom
- Night straps are to be worn during the night only, when in bed
- Remove the night straps when awake and walking during the day

Night Straps are highlighted below in yellow

