



## **ANKLE FOOT ORTHOSIS (AFO)**

**Purpose:** While there are many versions of the AFO, most use a three-point pressure system to stabilize the foot and ankle during weight bearing and ambulation.

**Goal:** Your orthotist's goal may be to reduce foot/ankle pain, prevent deformity progression, and/or to improve the safety and efficiency of gait.

**Use:** After an initial adjustment ("break in") period during which you gradually increase your time in the new orthosis, the AFO should be worn most of the day or as otherwise directed by your physician. Always wear the AFO in an enclosed shoe with enough room to accommodate the orthosis and your foot comfortably. Make sure to keep the same heel height if you change shoes; changes in the heel height may negatively impact the safety of your gait.

**Hygiene:** Always wear socks; the AFO should not be worn directly against your skin. The device can be hand-washed with mild soap and water, then allowed to air dry. You can wipe it down with rubbing alcohol or alcohol wipes. Do not place the AFO in a clothes dryer or use a hair dryer on it.

**Skin checks:** It is important to routinely monitor the skin for signs of trouble; because the device applies pressure to the body, any light-to-medium marks or changes in skin color that disappear within 20 minutes are considered acceptable. A dark mark or anything approaching a bruise would indicate an adjustment is needed; in this case, please contact your orthotist for an appointment. This is especially important for patients who are diabetic or have poor sensation in their feet.

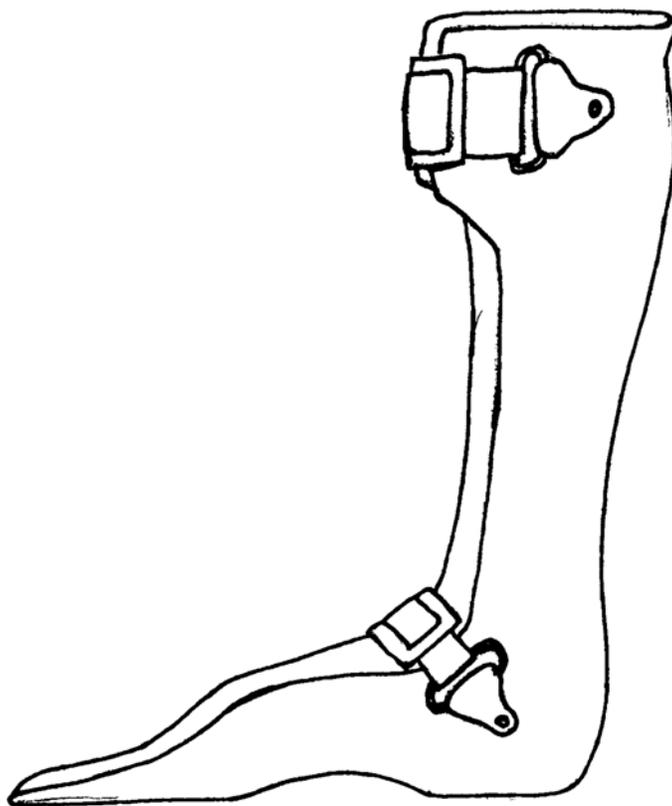
**Potential Risks:** With the use of any orthosis, there is a potential risk of skin breakdown.

**Potential Benefits:** The proper use of this AFO has the potential benefits of reducing pain, preventing deformity progression, and providing a safer gait.

**General Health Concerns:** If you have any concerns about your general health, please contact your physician for assistance; in the case of an emergency, please go to the nearest Emergency Department or call 911.

**Follow-Up on Orthosis:** If you have any questions or concerns about the function or fit of the orthosis, please contact Northern Orthopedics for an appointment.

**Warranty:** Northern Orthopedics will make any necessary adjustments or repairs to the device free of charge during the 90 day warranty period; the warranty may not apply if these are needed due to significant patient physiological changes. The warranty is void if anyone other than Northern Orthopedics alters the device and Northern Orthopedics will not be responsible for adjustments or repairs needed due to abuse, neglect, or normal wear and tear. **Devices cannot be returned.**



**Anchorage** 907-561-1777

**Wasilla** 907-357-3737

**Soldotna & Statewide** 800-478-0852

[www.northo.com](http://www.northo.com)