ORTHOLESE

Shaping lives

A guide to your Ankle Foot Orthosis (AFO)

Your Ankle Foot Orthosis

You have been provided with an Ankle Foot Orthosis (AFO), which your Orthotist has designed to support and/or realign your foot and ankle. This guide provides you with information on how you should wear and care for your AFO.

Every Ortholese AFO is unique and made to your Orthotist's precise specification and measurement, to ensure maximum effectiveness and comfort. Depending on your condition, the AFO may be hinged at the ankle or in a fixed position.

Wearing the AFO

- Before putting on the AFO, we recommend wearing long cotton socks or tights which covers all areas of the skin that come into contact with the AFO. For maximum comfort, ensure that it is well fitting to avoid any creases inside the AFO.

- Your Orthotist will show you how to put your AFO on. Make sure your heel is in contact with the base of the AFO and that you fasten the straps firmly so that the AFO is secure.

- Always wear a shoe over the AFO to avoid any slips or trips. You may need to buy shoes that fit comfortably around the AFO, and give you adequate room.

- Your Orthotist will tell you how long the AFO should be worn for and provide you with a wearing regime. Make sure that you follow this regime to ensure maximum benefit from your treatment.

- It can take time to get used to wearing your AFO. Whilst your Orthotist will ensure that it is as safe and comfortable as possible for you to wear, it may alter the way you move. We advise that you gradually build up the length of time you wear your AFO to help you become accustomed to it, and to ensure that it will not cause any ill effects, such as skin irritation or damage.

Caring for your skin

Your skin will gradually build up a resistance to the AFO, but some redness of the skin can be expected because it has been designed to apply specific pressure to your body.

It is important that you regularly check your skin for any signs of soreness, especially in the first few days. If you experience any pain, discomfort, blistering or severe redness of the skin, please report it to your Orthotist.

Caring for your AFO

To clean your AFO, simply wipe over with a damp cloth and leave to dry. Do not use any harsh chemicals or cleaning products.

Please do not try to adjust the AFO yourself. If you feel that it is not fitting correctly, then please contact your Orthotist.

About Ortholese.

With over 30 years' experience, we are experts in the manufacture of orthoses. We have built a reputation of providing the highest levels of quality and accuracy and are proud to work with Orthotists across the UK to make a considerable difference to patients' lives, promoting wellness and independence.

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Contact

If you have any questions or need further advice about your AFO, please contact your Orthotist.

Orthotist:

Contact number:

E: enquiries@ortholese.co.uk