ORTHOLESE

Shaping lives

A guide to your Knee Ankle Foot Orthosis (KAFO)

Your Knee Ankle Foot Orthosis

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

Every Ortholese KAFO is unique and made to your Orthotist's precise specification and measurements, to ensure maximum effectiveness and comfort. Depending on your condition, the KAFO may be hinged at the ankle or knee or in a fixed position, and made from thermoplastic, metal or leather (or a combination).

Wearing the KAFO

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

- Your Orthotist will show you how to put your KAFO on. Make sure your heel is in contact with the base, that the knee joints are level with the middle of your knee cap but do not touch your skin, and that you fasten all straps firmly so that the KAFO is secure.

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

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

- It can take time to get used to wearing your KAFO. Whilst your Orthotist will ensure that it is as safe and comfortable as possible for you to wear, it will alter the way you move. We advise that you gradually build up the length of time you wear your KAFO 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 KAFO, 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 KAFO

To clean your KAFO, 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 KAFO 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 KAFO, please contact your Orthotist.

Orthotist:

Contact number:

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