ORTHOLESE

Shaping lives

A guide to your child's Ankle Foot Orthosis (AFO)

Your child's Ankle Foot Orthosis

Your child has been provided with an Ankle Foot Orthosis (AFO), which your Orthotist has designed to support and/or realign their foot and ankle. This guide provides you with information on how they should wear and care for their 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 child's condition, the AFO may be hinged at the ankle or in a fixed position.

Wearing the AFO

- Before putting on the AFO, we recommend that your child is 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 child's AFO on. Make sure their 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 your child 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 your child follows this regime to ensure maximum benefit from their treatment.
- It can take time for your child to get used to wearing their AFO. Whilst your Orthotist will ensure that it is as safe and comfortable as possible for them to wear, it may alter the way they move. We advise that you gradually build up the length of time their AFO is worn to help them become accustomed to it, and to ensure that it will not cause any ill effects, such as skin irritation or damage.

Caring for your child's skin

Your child's 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 their body.

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

Caring for the AFO

To clean your child's 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.

Contact

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

Orthotist:

Contact number:

E: enquiries@ortholese.co.uk