

PATIENT INSTRUCTIONS FOR ANKLE FOOT ORTHOSIS AFO

The practitioners and staff of ABC Prosthetics and Orthotics have taken great efforts to achieve the best possible fit of your new Custom Molded AFO. The term, CUSTOM MOLDED, means that this brace was made specifically for you and that they will not fit anyone else properly.

While Custom Molded Braces should fit reasonably comfortably at first, there is a “break-in period”, and therefore some precautions and procedures that you must follow. All braces should be worn over a snug fitting thin cotton sock.

If at anytime your new brace causes pain or irritation, please call ABC Prosthetics and Orthotics and arrange for a trained professional to make necessary adjustments. **DO NOT, I REPEAT, DO NOT** attempt to make alterations or adjustments. Leave it to the trained professionals at ABC Prosthetics and Orthotics. There is no additional cost for adjustments, unless you alter or modify the brace yourself or allow someone other than the ABC Prosthetics and Orthotics professionals to make adjustments.

Do's

Always wear your AFO as prescribed by your Physician.

Always wear a thin cotton sock under your AFO

Always wear your AFO with shoes that are large enough and wide enough to accommodate the AFO

Always wear your AFO with shoes that have rubber soles.

Always call ABC Prosthetics and Orthotics for adjustments

Don'ts

Never wear your AFO with shoes that have leather soles

Never wear your AFO with shoes that are too tight

Never wear your AFO without a thin cotton sock

Never attempt to modify your AFO

Never add padding to your AFO

Do Not Alter your AFO