

Putting on your AFO

- Always wear a clean sock that reaches above the top of your brace. Make sure that there are no wrinkles in your sock.
- Put your foot in the AFO with your heel at the back of the brace. Your heel should be in contact with the bottom and back of the brace.
- Tighten the ankle strap to keep your foot down and back in the brace.
- Next, tighten the strap around your calf.
- After you have the AFO on your leg you can slide the AFO into your shoe. If you have trouble you may want to use a shoe horn.

Wearing Schedule

It is important to slowly increase the amount of time that you wear the AFO so that you are able to get used to the brace. On day 1, only wear the brace for an hour and then slowly increase your wear time throughout the week. If the brace causes you pain, if you have irritation following wearing the brace or if you see redness that doesn't go away you should call your orthotist and stop wearing the brace.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 hour	2 hours	4 hours	6 hours	8 hours	All day	All day

Skin Care

Check your skin every day before and after you wear your brace. Call your orthotist if you notice any of the following:

- redness that lasts longer than 30 minutes after you take your brace off;
- new blisters or open areas; and/or
- new pain or soreness.

These could be signs that your brace is not fitting well.

How to clean and maintain your brace

- Clean your brace often with warm water and mild soap.
- Rinse the soap off of all surfaces.
- Straps and pads will absorb water. Make sure they have time to dry before wearing the brace again.
- Inspect your brace on a regular basis. Look for signs of wear such as cracks, stress marks, sharp edges, loose screws or rivets, or fraying straps.
- Do not attempt to fix the brace on your own.
- Call your orthotist when your brace needs to be fixed or adjusted.

Shoe tips

- Remove your insole to help your AFO fit better in your shoe.
- Tighten your shoe around the brace to keep your AFO in place.

