



## Plastic K.A.F.O. (Knee Ankle Foot Orthosis)

A plastic K.A.F.O. is a brace worn to help with the function of the leg. The device is made of plastic that is molded and modified to fit your foot and leg. These braces are worn over a protective sock and always worn with shoe. Always follow specific instructions given to you by your doctor and practitioner.



### What does it do?

Depending on your condition the brace is designed to:

- Offer external support to your leg.
- Help control your knee.
- Help lift your toes to keep them from catching while you walk.
- Maintain the stability and alignment of your knee and ankle.

### Wearing Break-in Schedule

Always check your skin after wearing your brace every time. Any areas of pink should fade away after 10-15 minutes. If marks do not disappear after 10-15 minutes, or if you observe deep red marks, blisters, or bruises, contact your practitioner immediately. If you have any concerns do not wear the brace until you follow up with your practitioner.

Day 1 – Wear the brace for 1 hour.

Day 5 – Wear the brace for 5 hrs.

Day 9 – Wear the brace for 9 hrs.

Day 2 – Wear the brace for 2 hrs.

Day 6 – Wear the brace for 6 hrs.

\*\* Continue to add 1 hour each

Day 3 – Wear the brace for 3 hrs.

Day 7 – Wear the brace for 7 hrs.

day until full wear is achieved. This

Day 4 – Wear the brace for 4 hrs.

Day 8 – Wear the brace for 8 hrs.

usually takes at least 2 weeks.

### Precautions

Prior to wearing the brace, it is important to check the following things on the brace and your leg.

- Make sure the brace is clean and dry.
  - Make sure there are no cracks, rough edges, or worn areas on the brace.
  - Make sure the rivets and straps are secure on the brace.
  - Make sure your skin is clean and dry.
  - Examine your skin and look for abnormal redness, blisters, or sores on your foot, calf and thigh each and every time. Using a mirror may be helpful if you have difficulty seeing any areas on your foot or leg.
  - This device is designed to always be worn with socks and shoes.
  - Clean your device with hypoallergenic soap and water. Do not immerse the device in water.
- \*\* If you find any areas of concern or have questions, contact your practitioner before wearing the brace.

### How to apply the brace to your leg

Apply a clean and dry sock that covers all areas of skin on the lower leg that make contact the brace. Make sure the heel of the sock is over the heel of your foot and that the sock is wrinkle free. Use the method your practitioner taught you to apply the brace. The two general methods are:

Method 1: Place the brace carefully onto your leg and foot. Attach the straps snugly and comfortably, but not overly tight. Now that the brace is attached on your body, place your foot & brace into your shoe. Fasten your shoe normally.

Method 2: Place the brace into your shoe. Place your foot and leg into the brace and shoe. Attach the straps to your leg snugly and comfortably, but not overly tight. Fasten your shoe normally.