



Metal A.F.O. (Ankle Foot Orthosis)

A metal A.F.O. is a brace worn to help with the function of the lower leg. This device is made of metal and leather that is custom made to fit your foot and leg. The brace is attached directly to your shoe. Always follow specific instructions given to you by your doctor and practitioner.



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What does it do?

Depending on your condition the brace is designed to:

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

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 your 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 full-time.

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 and calf ***each and every time you wear the brace***. 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.
- It may be cleaned using a damp soft cloth with mild soap and water. Air dry completely before wearing. ***Do not*** immerse or soak the device in water. ***Do not*** use any type of heat (including a clothes dryer) to dry the device.

** 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, make sure the heel of the sock is over the heel of your foot and that the sock is wrinkle free. Using the method your practitioner taught you to apply the brace, place your foot and leg into the brace and shoe. Make sure your foot is fully in the shoe and, that the brace is in proper position. Attach the straps to your leg snugly and comfortably, but not overly tight. Fasten your shoe normally.