



head to foot orthotics

Ankle Foot Orthosis



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

What is an Ankle Foot Orthosis (AFO) for?

An AFO is generally fitted for one or more of the following reasons:

- To improve your walking.
- To help lift your toes and prevent tripping.
- To correct the alignment or support the foot and lower leg.
- To limit ankle movement, therefore decreasing the pain of arthritis.
- To affect movements of joints above your ankle.

Orthosis is another name for an orthopaedic support.

Putting On

- Always put on a sock before fitting your AFO.
- Fasten straps firmly until comfortable.
- Make sure your shoes fit well (**especially if you have diabetes**) and fasten them firmly.

When to wear your AFO

- You should be able to wear it most of the day, but most importantly when you're walking.
- Check with your Orthotist for further instructions specific to you.

Wearing Problems

- Check the skin covered by the AFO for reddened or grazed skin and be aware of pain or rubbing caused by the AFO (**if you have diabetes be especially careful of this**). Prominent bones are the areas where this will most likely occur. **Contact your Orthotist ASAP if any of the above occurs.**
- Don't adjust, modify or attempt to repair your AFO yourself – it is your responsibility to contact your orthotist if the AFO is in need of adjustment or repair.

Note: Trying to increase the padding of your AFO may only cause more pressure and rubbing.

- You may need to purchase new shoes to fit the AFO. A ½ to 1 size extra is usually large enough. Talk to your Orthotist about appropriate footwear.

Cleaning

- Sponge your AFO regularly with a damp soapy cloth and dry with a towel.

* Wear a clean sock each day.

Follow Up

You should have your AFO reviewed at least once every year and every time you are having troubles with it.

Individual client notes



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Further Details

Please contact if you have questions or require an appointment.

(03) 9870 2284

