



head to foot orthotics

Bed Resting 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 a Bed Resting Ankle Foot Orthosis (BRAFO) for?

A BRAFO is generally fitted for one or more of the following reasons:

- To hold your ankle up and prevent foot-drop.
- To prevent a tightening of your calf muscle.
- To immobilise your ankle whilst a wound heals.
- To help heal a heel ulcer.

Orthosis is another name for an orthopaedic support.

Putting On

- Wear a sock before fitting your BRAFO to help keep your BRAFO clean.
- Push your heel down flat onto the footplate of the BRAFO to ensure its effectiveness. If you can't do this, get an assistant to help pre-bend your ankle into position before they fasten the straps.
- Fasten the ankle strap firmly, this is essential to ensure a good ankle/foot position.

When to wear your BRAFO

- Initially you should gradually acclimatise to your BRAFO. We would suggest wearing it for 1-2 hours at a time in the beginning, and building up to several hours per day or

night over 1-2 weeks (check with your health professional for specific details relating to this wearing time).

- Heel / Pressure relieving BRAFOs should be worn most of the day and night.

Wearing Problems

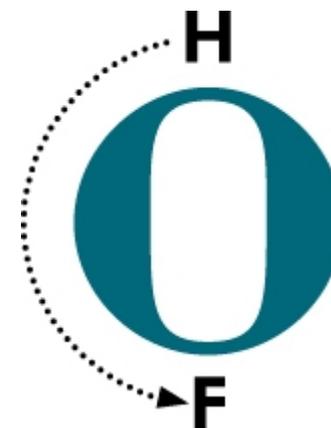
- Check the skin covered by the BRAFO for reddened or grazed skin and be aware of pain or rubbing caused by the BRAFO (**if you have diabetes be especially careful of this**). Prominent bones are the areas where this will most likely occur. **Contact your Orthotist ASAP if any of the above occurs.**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

***note:** Trying to increase the padding of your BRAFO may only cause more pressure and rubbing.

Cleaning

- Try not to wash the liner of your BRAFO, but if needed, wash it by hand in warm soapy water and only AIR dry it.
- * Wear a clean sock each day.

Individual client notes



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Further Details

Please contact if you have questions or require an appointment.



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