



9870 2284

Please call if you have any questions or require an appointment

Individual Client Notes



Costs and invoicing

The service provided today will incur a cost. These will have been discussed with you if they are not covered by the hospital or a 3rd party funding body like TAC or Work cover.

An invoice will be sent to the address provided at the consultation. Payment details can be found on the invoice.

Please call if you are having trouble paying the invoice.



It is important that you attend any review appointments. If you are having any problems with your Orthosis, we may be able to fix it at your appointment.



BED RESTING AFO

You have been fitted with a Bed Resting AFO. Correct use is important for the best result and your safety. Please note your orthosis is for **your use only**.

How to put on your BRAFO

It is important that you put your BRAFO on correctly.

1. Position your leg straight in front of you on the bed. Point your toes up to the roof. Your foot and ankle should now be at 90 degrees.
2. Place your leg into the BRAFO. Make sure your foot is touching the base of the BRAFO from your toes to your heel.
3. Fasten the ankle strap so that your heel is sitting on the base.
4. Fasten all other straps firmly.

Problems?

Check your skin regularly. If you feel that your BRAFO is:

- Causing discomfort, redness or skin breakdown
- Broken or damaged
- Worn Out

Please contact the Head to Foot Orthotics as soon as possible to discuss the situation.



Wearing your BRAFO

It may take some time to get used to wearing your BRAFO. You should only wear your BRAFO when you are resting.

- ✓ **Do** check your heel is sitting on the base of the BRAFO
- ✓ **Do** check your skin regularly
- ✗ **Do Not** wear your BRAFO when standing, transferring or walking unless approved by your orthotist
- ✗ **Do Not** wear your BRAFO in the water
- ✗ **Do Not** make any changes to your BRAFO.
- ✗ **Do Not** wear un-prescribed bandages, dressings or padding with your BRAFO

Cleaning

- ✓ **Do** check your BRAFO for signs of loosening or damage.
- ✓ **Do** wipe your BRAFO with warm soapy water and dry with a towel.
- ✗ **Do Not** apply direct heat to your BRAFO

Contact Head To Foot Orthotics immediately if you notice redness, broken skin or increase discomfort