



9870 2284

Please call if you have any questions or require an appointment

Individual Client Notes

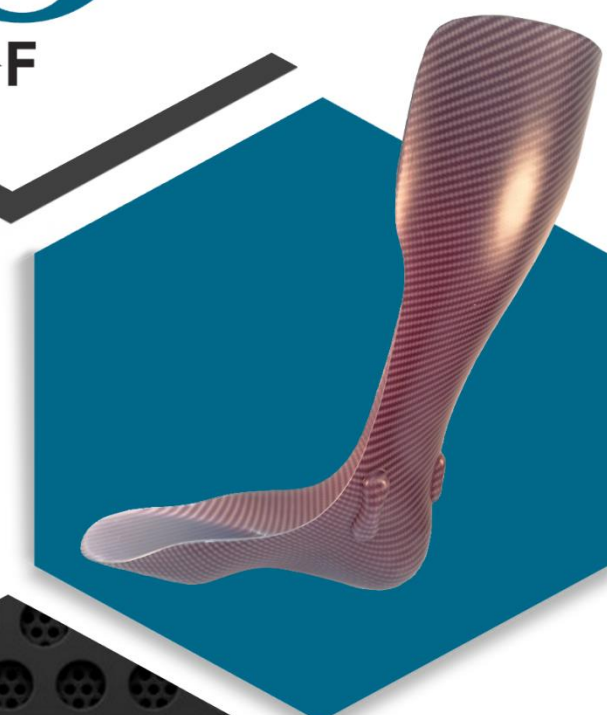


Costs and invoicing

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.



Quality ISO 9001

SAI GLOBAL

Ankle Foot Orthosis

You have been fitted with an AFO (Ankle Foot Orthosis). 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 AFO (Ankle Foot Orthosis)

It is important that you put your AFO on correctly and that you wear socks. You should wear your AFO with shoes advised by your Orthotist. Before putting on your AFO:

- Remove the innersole from your shoe if possible
- Open your shoe as wide as possible by undoing laces or Velcro

There are two ways to put your AFO on,

Method A

1. Put your AFO into your shoe. It should be as far back in the shoe as possible, as shown.
2. Put your foot into the shoe and AFO.
3. Fasten the laces or Velcro on your shoe.
4. Fasten the straps on the AFO firmly.

Method B

1. Place your leg and foot into your AFO. Make sure your heel is touching the back of the AFO
2. Fasten the straps on your AFO
3. Put your shoe on and fasten the laces or Velcro on your shoe
4. Re-tighten the straps on the AFO if needed

Problems?

Check your skin regularly. If you feel that your AFO 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.

Before standing and walking

Make sure all straps are done up on your shoes and AFO



Wearing your AFO

It may take some time to get used to wearing your AFO and you may notice a change in the way you walk. You should wear your AFO gradually at the start, as a guide start with 1 hour per day and increase by 1 hour every day. Discuss the most suitable wearing times with your Orthotist. You should not wear your AFO when resting in bed.

- ✓ **Do** check your skin regularly
- ✗ **Do Not** wear un-prescribed bandages, dressings or padding with your AFO
- ✗ **Do Not** make any changes to your AFO. This can only be changed by your treating doctor or health practitioner.
- ✗ **Do Not** wear your AFO in the water unless advised by your Orthotist
- ✗ **Do Not** wear your AFO **WITHOUT** shoes

Cleaning

- ✓ **Do** check your AFO for signs of loosening or damage and ensure Velcro straps are free of lint
- ✓ **Do** wipe your AFO using warm soapy water and dry with a towel.
- ✗ **Do Not** apply direct heat to AFO
- ✗ **Do Not** place your AFO in the washing machine or dishwasher.

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