

head to Foot orthotics

Above Knee Fracture 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 Above Knee Fracture Orthosis (AKFO) for?

The AKFO acts like a plaster cast and provides stability to a fractured bone or unstable joint, when that bone/joint is around or above the knee. It can also immobilise soft tissue injuries before or after surgery, whilst allowing removal and washing of the leg and walking **if given permission by your Doctor.**

Orthosis is another name for an orthopaedic support.

Putting On

- **Only remove your orthosis if your surgeon/doctor has given you permission.**
- Long padded socks will be provided to be worn under the orthosis to provide a barrier between the plastic shell of the orthosis and your leg.
- It is recommended you always have a second person to put on/take off the sock and the orthosis as your leg should have minimal movement when the orthosis is being applied.
- Gently apply the sock to cover your leg fully where the plastic of the orthosis will sit.
- You should open the shells/straps to allow your leg into the front of the orthosis. Your helper should guide the foot inside the orthosis with the heel as far back as possible and the heel and foot flat on the foot-bed. The orthosis should self-level. Otherwise ensure the knee joints of the orthosis are at the level of your own knee joint.

- Fasten the straps firmly so there is little or no movement between your leg and the orthosis. However, the foot shouldn't feel numb or tingly.

Taking Off

- **Only remove your orthosis if your surgeon/doctor has given you permission.**
- Undo straps.
- Your assistant should carefully remove your leg from the orthosis whilst keeping your knee Foot/ankle as still as possible.

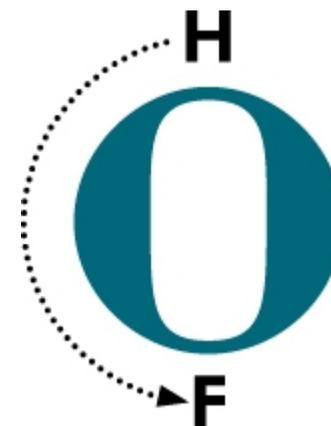
Wearing Problems

- If you have any areas of rubbing, redness or blistering contact your Orthotist immediately.
- If you are wearing the orthosis in bed, your heel needs to be checked regularly for signs of too much pressure during the night. These signs include redness that doesn't fade after 10 seconds, blistering and/or pain. You may develop heel bed ulcers if regular checking is not performed.

Cleaning

- If allowed by your surgeon, you need to regularly change your sock to keep your skin clean and hygienic. Follow the 'putting on/taking off' guide to remove your sock
- You may wipe the plastic clean if needed.

Individual client notes



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Further Details

Please contact if you have questions or require an appointment.



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