

# COLUMBIA PROSTHETICS AND ORTHOTICS

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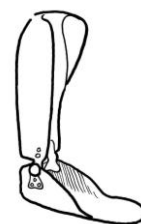
## Plastic AFO/KAFO

You have been fit with an Ankle Foot Orthosis (AFO) or Knee Ankle Foot Orthosis (KAFO). Unless otherwise instructed, please use a gradual break in schedule to allow your body to get used to the device. Increase your wearing time as tolerated. Following use, remove your brace and inspect your skin. There may be some skin redness from pressure areas. Redness should not persist for more than 20 minutes after removal. Redness that does not disappear can be a sign of excess pressure. If you have any sign of excess pressure, numbness, tingling, color change, excessive itching, swelling or pain develops, please call us immediately. You should contact our office to speak with one of our practitioners and to schedule a follow up visit for any needed adjustments. Failure to do so could lead to further skin breakdown.



*These are sample images.  
Your brace might be different.*

Your brace should always be worn with a sock and shoe. The sock should extend past the top of the brace. This will help prevent rubbing and absorb perspiration. Low heeled, lace up shoes, such as a walking shoe or athletic shoe is best. The shoe should fit snugly with the brace, not allowing the foot to slip inside of it. Never walk on the brace without a shoe on. This could cause you to slip and fall or break the brace. If you have questions regarding the appropriateness of shoes, please check with us. If the hinges start to squeak, feel free to apply some dry lubricant, such as Brace Ease<sup>®</sup>, Teflon<sup>®</sup> or silicone spray. All straps should be snug, but not tight. Your brace can be cleaned with a wash cloth and mild soapy water. Make certain all soap residue is removed and the brace is completely dry before re-applying.



Make sure you are comfortable with how to properly put on and take off your brace. Never attempt to modify your brace yourself.

Please inspect your brace daily for any signs of wear including cracking, loose parts, or decreased effectiveness of the device and call our office as needed. Excessive wear to the soles of your shoes can adversely affect brace function. A yearly check up is recommended.

Make sure you are comfortable with how to properly put on and take off your brace. Never attempt to modify your brace yourself.

I have received a copy of these instructions and understand to contact the above office if I have any questions or concerns.

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_