

# Use and care of your Ankle Foot Orthosis (AFO)

Orthotics Department



This leaflet is for patients who have been prescribed with an AFO

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**



## Putting on your AFO

- It is recommended that long cotton socks are worn under your AFO to protect your skin
- When putting the AFO on, bend the knee to 90 degrees (as in sitting). If this is not possible just bend the knee as much as possible
- Place the heel fully back and down into the AFO
- If there is a strap which fastens across the front of the ankle, do this strap up first. It needs to be snug enough to prevent the heel moving forward in the AFO
- Finally, fasten the strap in the calf area
- Now put footwear over the foot and AFO and fasten securely.

## Removing the AFO

To remove the AFO, simply first remove footwear and then undo the straps. Whenever you remove the AFO please check your skin. It is very important that you check your skin for signs of excess pressure on a daily basis when wearing your AFO.

## Wearing regime

This will be individual to each patient. Please follow the instructions given by your Orthotist in the following table.

## Footwear for over your AFO

Trainers are often the easiest footwear to fit over an AFO. Other footwear that is suitable is that which opens easily and is deep enough to accommodate the AFO. The shoe must also have a secure fastening.

Name of Orthotist: .....

Contact details: .....

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## Review appointments and maintenance of your AFO

The orthotics department has an “open review” policy, which means you can contact us when you feel you need a review appointment. Your orthotist will advise you how often you should have your AFO reviewed.

If you have any concerns regarding your AFO please contact the Orthotics department directly to seek advice or request a review appointment.

## Wearing regime

Date	Length of Time AFO should be worn
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

## What problems should I be aware of?

- If any reddening of the skin appears it should disappear within 15-20 minutes following removal of the AFO. If it does not disappear in this timescale please stop wearing the AFO and contact the Orthotics Department
- If a blister appears on your foot / ankle this is likely to be due to the foot moving within the AFO which is often a result of not putting the AFO on correctly. In this case, remove the AFO and allow the blister to completely heal then start the wearing regime again from the beginning
- If you are concerned about the fit of your orthosis contact the orthotics department for further advice.

## Contact Details

### **Orthotics Department**

New Cross Hospital  
Wednesfield Road  
Wolverhampton  
WV10 0QP  
Tel: 01902 694082

### **Orthotics Department**

Cannock Chase Hospital  
Assessment Unit, Level 2  
Brunswick Road  
WS11 5XY  
Tel: 01543 576626 / 6130

## Opening times

8:30am – 4:30pm  
Monday – Friday  
(Excluding bank holidays)



## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。