

## **CARE AND USE OF YOUR ANKLE FOOT ORTHOTICS**

Your brace was custom designed to support your foot/leg. Prior to putting on your brace, inspect your skin for redness, sores, etc. Put on a small pattern calf high sock.

### **How to put brace on WITH BRACE IN THE SHOE:**

1. Put brace in shoe
2. Slide foot into brace
3. Ankle strap(s) should be snug (if included)
4. Calf strap needs to be loose
5. Close shoe snugly
6. Get up and walk

### **How to put brace ON LEG THEN put into SHOE:**

1. Strap brace on leg.
2. Wiggle shoe on to foot
3. Use shoe horn to get brace into shoe
4. Fasten shoe snugly

### **WEARING:**

On the first day, wear the brace for one hour. On the second day, wearing time is two hours. The third day, for four hours. Day four wear the brace for eight hours and by the fifth day begin wearing the brace full time (all day).

If brace is hurting your skin, remove brace. Make note if there are any sore/ pressure areas. Some redness and strap marks are expected. If they do not resolve within one hour of brace removal, please call our office.

### **CLEANING:**

Your AFO should be wiped daily with Antibacterial wipes and washed weekly with soap and water. The straps will dry overnight.