

# Ankle Foot Orthosis



## What is an AFO?

An Ankle Foot Orthosis (commonly called an “AFO”) is a brace that fits on the foot, ankle and lower leg. AFOs may be used to:

- Prevent tightness in the ankle and leg muscles
- Provide support and help control the motion of the ankle to help your child stand and walk

### General Information:

- The AFO should not be worn directly against the skin. Wear thin cotton socks to lower the risk of skin irritation and to keep the skin clean and dry. Do not use non-skid (grippy) socks or thick socks.
- Check the skin on a regular basis for signs of irritation or redness. Pay close attention to areas along the edges of the AFO and along the bottom of the foot, heel, and ankle.
- Do not wear the AFO if you notice any redness that lasts longer than 20 minutes.
- If there is redness that lasts longer than 20 minutes, inform your nurse.
- Do not use the AFO for standing and walking until recommended by the Physical Therapist.

Perform daily safety checks daily to monitor for the following:

- Redness that does not go away within 20 minutes of removing AFO
- Pain or discomfort
- Numbness or tingling
- Swelling
- Skin irritation, pressure sores, bruises, or blisters
- Damage, cracks or rough edges on AFO

**If you notice any of the above, stop wearing the AFO and notify your nurse as soon as possible.**

Nursing will contact Physical Therapy to make adjustments as needed.

### Contact Information:

Primary Physical Therapist Name:

Physical Therapy (General Number):

# Inpatient AFO Use and Wear Recommendations

**Patient Name:**

**Date Issued:**

**Patient Room Number:**

**Date Updated:**

**Item Name/Size/Number:**

\*These items are property of CHLA and must be returned to Physical Therapy before discharge\*

Your child has been issued the following for use while in hospital:

- ☐ Right AFO (property of CHLA)
- ☐ Left AFO (property of CHLA)
- ☐ Shoes (property of CHLA)

Instructions for Wear:

- ☐ To maintain (hold) foot position (no standing or walking)
- ☐ For standing and transfers only
- ☐ For standing and walking

Wear Schedule: \_\_\_\_\_ Hours ON \_\_\_\_\_ Hours OFF

- ☐ Day Only
- ☐ Night Only
- ☐ Day and Night

How to Put On:

1. Put on the sock and smooth out any wrinkles.
2. Stretch ankle gently and slowly while your child is sitting or lying down.
3. With the knee bent, scoop foot into the AFO, leading with the heel. Make sure to work the heel all the way back so it is secure.
4. When the heel and foot are fully secure, fasten the straps. Start with the ankle, then the foot, and then the lower leg (if applicable).

How to Take Off:

1. Undo straps.
2. Open AFO as wide as possible, slide the foot out.
3. Check skin for any redness, re-check in 20 minutes to ensure it has gone away.

*The above information was reviewed with learner by issuing therapist.*

Therapist Initials:

Learner Initials: