

## What is an AFO?

An AFO is an Ankle-Foot Orthosis, also known as a brace or a splint. An AFO is commonly used to:

- Control foot and ankle position
- Improve mobility



## Care Instructions

- AFOs should be washed with mild soap & water weekly
- Rinse well
- Air dry only
- Do not submerge AFO in water

## Certified Orthotist

Certified Orthotists CO(c) are uniquely trained professionals who provide comprehensive patient care for individuals in need of orthotic treatment. Certified Orthotists CO(c) evaluate and design solutions for patients requiring an orthosis due to muscle/bone impairment, disease or deformity. For more information, please visit: [www.opcanada.ca](http://www.opcanada.ca)



### REHABILITATION CENTRE FOR CHILDREN

1155 NOTRE DAME AVE.  
WINNIPEG MANITOBA  
R3E 3G1

PHONE: 204-258-6660

FAX: 204-235-1288

[HTTP://SSCY.CA/](http://SSCY.CA/)

[HTTPS://RCCINC.CA/](https://RCCINC.CA/)



LinkedIn

## AFO WEARING & CARE INSTRUCTIONS



## 1ST APPOINTMENT: CASTING

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Your Orthotist will cast you for an AFO. An Orthotist is **specialized** to:

1. Gather relevant information
2. Perform a physical assessment of legs and feet
3. Take a cast or scan, and measurements



FOOTWEAR

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Your AFO works best when it is worn with shoes. Shoes provide cushion and a non-slip surface for walking.

What to look for in a shoe:

- **Appropriately sized**—typically 1-2 sizes larger than your regular shoe size
- Extra width and depth
- Lace or Velcro closure
- Removeable insole

⇒ The thicker the better



We can order extra wide shoes for you, for a cost of \$120.



## 2ND APPOINTMENT: FITTING

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When your AFO is ready you will be contacted for your second appointment. It is **important** to bring a pair of shoes to wear with your AFO.

### Fitting Procedure:

1. Try the AFO on
2. Trim the AFO to fit in shoe
3. If possible, stand or walk in AFO
4. Adjust any pressure areas to achieve a comfortable fit

## PUTTING THE BRACE ON

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Your AFO needs to be worn with a long sock that extends past the top edge of the AFO.

Bend your knee to put the AFO on. It is important that your heel is down and back inside the AFO.

**To maintain proper fit, the ankle strap must be done up as snug as possible.**

## WEARING SCHEDULE

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Gradually increase wear time with AFOs to allow skin to adjust to the new pressures. **Get comfortable wearing AFO at home before sending to school.**

Day 1	→	1 hour
Day 2-3	→	2-3 hours
Day 4-5	→	4-6 hours
Day 6-7	→	8 hours

## THINGS TO LOOK FOR

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1. Redness or indentation of skin lasting more than 20 -30 minutes
2. Blister, callous, or skin breakdown
3. Any damage to the AFO
4. Signs of growth (eg. Toes over the edge)

## 3RD APPOINTMENT: FOLLOW UP

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If any of the above signs are present, contact reception @ 204-258-6660 to book a follow up appointment with your orthotist.

If your AFO is more than eight months old, we recommend coming in to have your AFO looked at.