

Review Procedure

Please follow the review advice given to you by the orthotist.

If you require an appointment before this time, please contact the orthotic department.

Orthotic Department Tel: _____



Information for Patients

Drop Foot Ankle Orthosis (AFO)



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What does the orthosis/splint do?

The splint (AFO) is designed to prevent your foot from dropping so that you do not catch your toes on the ground. This helps to regain a natural walking pattern.

When should I wear the splint?

It is normal to wear the splint when you expect to be walking. The orthotist will tell you when to wear it.

How long will I have to wear the splint?

The length of time you will have to wear your splint depends on the return of function to the muscles that lift the foot. This is often determined by the cause of the injury, advice should be sought from your orthotist or doctor.

Problems

- You should wear the AFO over a long sock or stocking to protect your skin. Use stockings without seams if you tend to have skin problems so there are no ridged areas.
- Wear the splint with low-heeled shoes.
- Trainer type shoes or lace ups are best. Shoes with a removable inlay allow a little extra room for the AFO to fit in.
- **Slip on** and **court shoes** are not appropriate, as they do not provide enough support for the AFO to work effectively.

Putting on your AFO:



Will I have to wear the AFO forever?

This depends on the cause of your injury. You should ask your orthotist or doctor about this.

How do I prevent problems?

You should check your A.F.O. before putting it on. Do not wear it if there are rough edges or cracks in the plastic as this could damage your skin.

If the AFO becomes tight or rubs your leg, stop wearing it immediately and contact the Orthotic department.

If the straps become worn they can easily be replaced. Contact the Orthotic department to arrange this.

Cleaning

You can use a damp cloth and mild detergent on the plastic part of the splint. The padding should be hand washed and allowed to air dry.