

Best Fit

The relationship with your orthotist is long-term and requires open, honest communication. SCOPE's orthotists work closely with you throughout your recovery and rehabilitation. Communicating your needs, expectations, concerns, and lifestyle goals ensures that you will receive the best orthotic care available.



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Ankle-Foot Orthosis (AFO)



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SCOPE
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Making Dreams Happen™

Guidelines

The following wearing and care guidelines will help increase comfort during this time of adjustment.

Care

The new orthosis is made from state-of-the-art materials. With typical moderate use and proper care, a new AFO should last more than one year. Clean the AFO whenever it becomes dirty, or an unpleasant odor persists, water and mild soap can be used. Do not soak the orthosis in water. Be sure to rinse well to eliminate unwanted soap residue. Allow the AFO to dry at room temperature. Direct heat can damage the AFO. Do not use a hair dryer, or place it near a heater.

Wear Time

Unless otherwise instructed by a SCOPe orthotist, start slowly. Wear the orthosis 1 hour on the first day and only engage in low to moderate activities. Gradually increase the wearing time by 1-2 hours each day. Activity level should also be increased during this transitional period. Soon the AFO will be able to be worn comfortably all day. The greatest long-term benefits will be achieved through consistent wear of the orthosis everyday.

Pain

Remove the AFO if any pain or discomfort is experienced. Check the skin for areas of irritation. Some pinkness is expected in areas of maximum correction or support. However, redness should disappear within 20 minutes after the orthosis is removed. Try wearing the orthosis again after waiting for 1-2 hours. If there is a sharp or jabbing pressure over bony areas, or if skin redness lasts longer than 20 minutes, make an appointment with an orthotist at one of the SCOPe offices for an adjustment as soon as possible.

Skin Care

Wash the legs and feet everyday with a mild soap and warm water. Make sure to clean well on the bottoms of the feet and between the toes where bacteria collects. Rinse the skin well with clean water.

Towel dry the skin thoroughly. The best time to wash is at night before bedtime. The skin will be fresh and dry in the morning.



Wearing a cotton sock or stocking (which is a little higher than the top of the orthosis) under the AFO will help reduce friction and keep the skin dry. During hot and humid weather, sprinkle a little baby powder on the legs and feet before putting on the socks. The changing of socks a few times during the day may also help. These simple tips will help minimize perspiration.

Shoes

Select good shoes with proper support. Always try shoes on with the AFO to make sure of the most comfortable fit possible. The best shoes feature a closed back and closed toe; fitting over the feet like laced-up sports shoes. Choose low heels and shoes that are slightly wider to accommodate the AFO. If the heel height is not correct, knee or back pain may result. The shoes must be laced snugly to hold the foot securely in place.

Adjustments

The custom designed Ankle-Foot Orthosis (AFO) will help correct and maintain the proper alignment and position of the ankle and foot. Ankle and foot alignment is vital for balancing and distributing body weight. The AFO will help correct mild to moderate foot problems and reduce associated pain. A slight discomfort may be experienced as the adjustment to the new orthosis and proper alignment position occurs. The adjustment period normally ranges from 1-6 weeks.

Reminder...

Never attempt to repair, or adjust an AFO. A SCOPe orthotist will schedule periodic visits to make sure the AFO is working properly. Contact the nearest SCOPe patient care facility if there are problems or questions about the AFO. A SCOPe practitioner will work closely with a physician to ensure the best orthotic treatment possible.

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