



## Arizona Ankle Foot Orthosis (AFO) Care and Use Guide

You have just received your new orthosis which was designed and custom made especially for you. Please refer to the following instructions for the care and use of your brace.

### Application:

- Always wear a clean sock under your AFO to reduce friction and protect your skin from perspiration. It is recommended that the sock be the same length as the AFO and that you make sure the sock is wrinkle free.
- Step into your AFO and tightened the laces. Step your foot into your shoe and lace. You may need to purchase shoes that are ½ size larger to accommodate your AFO.
- It is important to maintain the same shoe-heel height for which your AFO was designed. Changes in shoe-heel height while wearing your AFO may cause unneeded instability or back pain.

### Wearing Schedule:

- Like breaking in a new pair of shoes, it may take a brief period of time to break in your new AFO before it feels natural. Your orthotist may have a specific schedule for your individual case.

### Skin Maintenance:

- It will be necessary for you to **check your skin** frequently while wearing your AFO. A new AFO may cause some redness which should disappear within 20-30 minutes after removing the brace. If redness does not disappear, contact your orthotist to have this inspected.
- Diabetics and those with lessened sensation are especially vulnerable to skin irritation, particularly in bony areas such as the shin or on the bottoms of the feet. Extra care should be taken, and even minor skin irritations should be treated promptly.

### Orthosis Care:

- Your Arizona AFO should be cleaned regularly with a solution of ½ alcohol and ½ water by applying it with a clean towel.
- Towel or air dry your orthosis. Do not apply heat of any kind.
- Use a quality leather shoe cleaner and conditioner on the outside leather of the AFO.

If at any time your orthosis becomes cracked or broken, see your orthotist for repairs or replacement.

Contact your orthotist with any questions or concerns.