

## SCHEDULED WEARING INSTRUCTIONS FOR AFO'S

1. Graduate the time of use with your orthosis. In the beginning, it should be worn for a short period of time and taken off (see schedule below). Remove sock and check for redness. Re-apply the orthosis and wear it for a longer period of time and inspect the skin again.

Week 1:	1 hour on, 3 times daily-total 3 hours
Week 2:	2 hours on, 3 times daily-total 6 hours
Week 3:	4 hours on, 2 times daily-total 8 hours

- Goal-after 2 week breaking-in period, orthotics should be worn 75% of child's wake time.
  - Redness-redness is normal and should last 10-15 minutes after taking off the brace/s. If after one week redness lasts longer than 15 minutes, please call. However, in a child with sensitive skin, redness may last longer than 30 minutes.
  - Time-may vary based on child's sleep time.
  - Physical Therapist-your Physical Therapist may choose to alter times which would be ok.
2. The shoe is an important integral part of the orthosis. The shoe must be laced for ease in donning, and to hold the foot securely in position. If the shoe is too large and not snug on the foot, the AFO will not work well. Remember, it was molded exactly to a cast of your child's leg. Also keep the same heel height if you change shoes. A higher heel will throw your child forward and a lower heel will throw your child back.
    - A flat sole shoe with laces is preferable to be worn with the braces. Examples of shoe brands:
    - New balance
    - Van/DC's
    - Stride Rite
    - Tsukihoshi Speed-from Olly for Kids store
    - Faded Glory from Walmart
    - Sure Step shoes-can be purchased online only
    - Hatchback shoes-can be purchased online only
  3. If you feel pain or see persistent redness:
    - a. Make sure the shoelaces are snug and the shoe is appropriate.
    - b. Call immediately for any adjustment
    - c. **IF BLISTERS APPEAR, TAKE OFF ORTHOTICS AND CALL ME IMMEDIATELY.**
  4. Always wear a clean sock or nylon that comes higher than the top of the orthosis. This provides an air layer between the leg and plastic and this protects the skin.
  5. To clean braces, simply wipe with a damp cloth. Dry well before re-applying.

The above wearing schedule has been recommended by your Orthotist, HOWEVER if you have received a wearing schedule or instructions from your Physical Therapist or Physician, disregard the above and follow THEIR instructions. If you have questions regarding any of the above, please call Orthologix at 800 659 9755. Wearing instructions are available on our website at [www.orthologix.com](http://www.orthologix.com)