

## Orthotic Information Sheet

# Type: AFO

### What is an AFO?

Ankle foot orthoses (AFO) is a close, fitting plastic splint. They are made for each child to help keep their foot and ankle in a good position for sitting, standing or walking.



### When to get a Review?

- Redness or red marks on skin lasting longer than 15-20 minutes after the AFO has been removed
- Complaints of discomfort after the child has been wearing the AFO comfortably, may mean that the AFO has been outgrown
- Damage to AFO (broken straps or cracks in plastic component)
- Sores or blisters on the skin
- Child's toes nearing the edge of the splint

**Gradually Build-Up Wear** At first, the insoles may feel uncomfortable, so they should be worn gradually using the following schedule:

- Day 1: 30 – 60 minutes
- Day 2: 1 – 2 hours
- Day 3: 3 – 4 hours
- Day 4: 4 – 5 hours

### Shoes & Socks

- When buying footwear, always take the AFO with you
- Shoes with removeable insoles are preferable as these can be removed to create more space for the AFO
- Lace ups or Velcro footwear are preferable as they give the most adjustment when compared to slip on footwear
- Footwear that has a tongue that fully opens is preferable
- Long thin, well-fitting cotton material socks or tights are preferable to wear underneath the AFO
- Wool, moisture wicking and Merino socks are recommended for children, particularly sweaty feet

## Care & Cleaning of AFO

- Clean the plastic and foam components of the AFO by wiping with a damp cloth
- Never immerse in water or use harsh cleaning products
- Leave to dry naturally
- Do not place on or near heat source as this can distort the shape.
- Never attempt to modify or adjust the AFO yourself
- The straps and pads should not be cleaned. In the event of these areas becoming wet they should be left to dry naturally

### Step 1 – Get the leg ready

- Put on a knee-high, plain cotton sock. Smooth out any wrinkles.
- Bend the hip and knee. Never put the AFO on a straight leg.
- Stretch the ankle muscle by pulling down on the heel and pushing up at the toes.



### Step 2 – Place the foot in AFO

- With one hand, keep the knee and ankle bent at a 90 degree angle.
- With the other hand, hold the AFO with the straps open.
- Start with the heel firmly touching the toe plate of the AFO.
- Slide the heel all the way down and back into the AFO.



### Step 3 – Fasten the straps

- Keep the heel firmly in the AFO with your thumb.
- Thread the ankle strap through the loop and fasten it.
- Fasten the top strap.
- Pull the sock out from under the ankle strap to take out any wrinkles.



### Step 4 – Stop and check!

- The sock has no wrinkles
- The straps are done up to the proper tightness.  
(Ask your Orthotist to mark the proper strap tightness)
- There is no space behind the heel



- The tips of the toes are just inside the edge of the toe plate



**The AFO must pass all these checks to be comfortable and prevent skin pressure problems. If the AFO 'fails' any of these check, take it off and start again at Step 1.**

**If you have any comments about this leaflet or the service you have received you can contact :**

Children's Therapy

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**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"