

# Horton's Orthotics & Prosthetics

*Providing a Lifetime of Support*



## ARK AFO WEAR & CARE GUIDE

**INFORMATION INTENDED AS A GENERAL GUIDE. NOT TO REPLACE  
DIRECTION FROM YOUR DOCTOR**

[www.hortonsoandp.com](http://www.hortonsoandp.com)

# Wear And Care

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## What is a AFO?

Ankle Foot Orthoses (AFO) are designed to stabilize or correct a deformity in the foot or ankle. AFO's come in many different styles and materials. Your Orthotist will design your AFO to achieve the best fit and function.

## Break In

You need time to adjust to your new AFO. For some this may take a few days and others may take a week or longer. Gradually increase the wear time daily to reach the goal set by your doctor. **DO NOT RUSH THIS!!** Your body may need to build a tolerance to making this a part of your every day activities.

## Self-Examination

During the "break-In" period make certain to check your skin frequently for signs of rubbing or pressure. If you can not inspect all areas touched by the brace get someone to assist you or try using a mirror. Skin with a light pink or red color may appear while your body builds a tolerance. These spots should go away with in 30 minutes. Any marks staying longer could potentially turn into sores or blisters and may need to be evaluated by your orthotist or doctor.

**Patients who are Diabetic and have lack or decreased sensation should check their skin regularly during the whole duration of wearing**

## Application

Start by sliding the AFO on your foot and ankle with your heel properly seated in the heel pocket. Tuck the tongue in making sure it is flat and no wrinkles. Lace or velcro the AFO tightening it as you work up the AFO. It is very important that the AFO is snug. You may have to retighten the laces through out the day to keep it snug. If the AFO becomes loose skin breakdown and discomfort can occur. You should feel a firm ,steady pressure against the skin. It should not cause any sharp pain or discomfort.

## Stockings

Clean cotton socks should always be worn under the AFO. This will reduce friction, perspiration, and aid in comfort.

Always make sure there are no wrinkles and that it is not pulled tight against the toes. Always change socks promptly after excessive perspiration.

# ARK AFO

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## Care

Clean your AFO on a regular basis. Your skin needs to be clean as well. Bathe daily to promote good skin care.

Spray or wipe with clean cotton towel the inside of the AFO with a solution of 1/2 water and 1/2 rubbing alcohol. It dries quick and does not leave a film like soap can. Do not use heat to dry your AFO. Towel dry if necessary or left to dry at room temperature. A quality leather cleaner and conditioner may be used on the outside. Talcum powder may be used to help prevent odors

## Shoes

Shoes are an integral part of the AFO and **MUST ALWAYS** be worn. The leather can be slippery and should never be worn with out shoes when ambulating. Not wearing shoes could cause injury or damage to the AFO. Only wear shoes with the heel height your AFO was designed for.

A good fitting pair of shoes should be worn. Lace up is preferred but velcro is suitable if it can be fastened tightly. Some shoes will be difficult or impossible to wear such as low depth dress shoes and sandals.

Try finding shoes that have removable insoles and remove the insole in the shoe that will be worn over the brace.

Don't be afraid to take the brace with you to shop for shoes. Your orthotist can give you more info on shoe selection.

## Follow Up

After your initial fitting we would like to see you back in two weeks to make sure the AFO is functioning properly. You need to be seen at least once a year for other follow ups. You should receive a follow up notice as a reminder. Your orthotist may chose to see you back sooner if needed.

At any time you feel you need to be seen by your orthotist please call and set up an appointment.

Notify your orthotist as soon as possible when you notice any signs of excessive wear.

Do not attempt to fix or adjust your AFO yourself. Doing so could damage the AFO and void any warranties.

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Orthotist: \_\_\_\_\_

## LOCATIONS

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### Little Rock

5220 West 12th  
Little Rock, AR 72204  
501-663-2908  
1-800-332-2908  
Fax: 501-663-3994

### Bryant

605 W Commerce  
Bryant, AR 72022  
501-847-6999  
Fax: 501-847-0099

### North Little Rock

4020 Richards Rd. Ste. D  
North Little, AR 72117  
501-945-0404  
Fax: 501-945-0442

### Searcy

710 Marion, Suite 304  
Searcy, AR 71423  
501-268-2272  
Fax: 501-268-2994

### Ft. Smith

2909 South 66th Street  
Fort Smith, AR 72903  
479-452-3959  
1-800-455-3959  
Fax: 479-452-4007

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