

## METAL/CONVENTIONAL AFO

A metal ankle foot orthosis (aka conventional AFO) is used by patients who have lower extremity weakness or nerve damage combined with swelling, neuropathy, and/or sensitive skin. It provides support to the leg, ankle, and foot to assist in safe ambulation. The metal AFO consists of a calf band that makes direct contact with the skin, and one or two metal bars that attach to ankle joints and then directly to the shoe. The metal bars are designed not to contact the skin, thus accommodating changes in the size of the leg as well as alleviating pressure on sensitive skin. A metal AFO is a custom orthosis that is made specifically for you and your needs and should not be worn by anyone else and should only be worn according to physician recommendation.

### Application Instructions

1. Apply your socks and smooth out any wrinkles
2. Open the shoe laces or Velcro wide
3. Sit with the knee flexed (bent) and slide your foot into the shoe as far as it will go.  
You may need to use a shoe horn to prevent the back of the shoe from breaking down.
4. Tighten the laces or secure the Velcro.
5. Secure the calf strap.

### Wearing Instructions

It is important to gradually break into the brace and new shoe attached to it. Begin by wearing the AFO for only an hour on the first day. Every day, there after, you may add an hour to the wear schedule (ie, Day 2, 2 hours, Day 3, 3 hours, etc). EVERY time you remove the AFO, check your skin for any redness, bruising, or blistering. Any redness should fade within 20-30 min. If it does not, or if bruising or blistering occur, stop use of the AFO and call your Orthotist at Westcoast Brace and Limb.

### Care Instructions

If the shoe is leather, it is okay to use shoe paste/polish on it to keep the leather soft. If the shoe is a fabric type material, wipe with a damp cloth...do NOT submerge the brace in water. Gently wipe the leather calf band with a damp cloth when needed. If the Velcro is not sticking, check for lint build-up. You can use a toothpick to loosen up the lint and pull it out.

Please call your nearest Westcoast Brace and Limb facility with any questions or concerns.



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