

## KNEE ANKLE FOOT ORTHOSIS (KAFO)

This type of KAFO may be made of a thermoplastic material or a carbon lamination. A KAFO is used by patients that have a lower extremity weakness or deformity that affects the knee. It provides support to the leg, knee, ankle, and foot to assist in safe ambulation. It consists of both a thigh and a calf section, which provide total contact against the skin. The shape and trim lines are determined by the amount of support or control that your leg requires. Due to the nature of the materials, this design works best for patients who have a leg that stays consistently one size, and for those without heat sensitivities. The type of knee joints and whether or not ankle joints are used, are dependent on your individual case/presentation. A KAFO is a custom orthosis which should only be worn by the person for whom it was prescribed and fabricated and only according to physician instructions.

### Application Instructions

1. Apply your socks and smooth out any wrinkles
2. Sit with your knee flexed and (if possible) the knee joint of the KAFO bent as well.
3. Ensure straps are open.
4. Slide leg through thigh portion of KAFO and scoop foot in the calf section until heel is well seated.
5. Secure the straps at thigh, calf, ankle (if included).
6. Remove the insert from your shoe to allow room for both KAFO and foot inside shoe. Apply shoe. You may need to use a shoe horn to assist in application. Do NOT use backless shoes.
7. If a locking mechanism is utilized in your knee joints, ensure locks are engaged after standing and PRIOR to taking any steps.



### Wearing Instructions

If this is your first KAFO, it is important to gradually break into it. Begin by wearing the KAFO for only an hour or so on the first day. Every day thereafter, you may gradually increase your wearing time. Every time you remove the KAFO, check your skin for any redness, bruising, or blistering. If there is any redness present, it should fade within approx. 30 min. If it does not, or if it appears that a bruise or blister are developing, stop use of the KAFO and call your Orthotist at Westcoast Brace and Limb.

### Care Instructions

You may wipe down the plastic or lamination with a damp cloth or rubbing alcohol. If the Velcro is not sticking, check for and remove any 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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