

A metal knee ankle foot orthosis (KAFO) is used by patients that have a lower extremity weakness that affects the knee. It provides support to the leg, knee, ankle, and foot to assist in safe ambulation. The metal KAFO consists of metal and leather bands that contact the thigh and calf. These are held together by metal side bars. These bars designed not to contact the skin, therefore allowing swelling/volume fluctuations. It also allows for more air flow for patients who have heat sensitivities. The type of knee joint used is dependent on your particular case/presentation. A metal KAFO is a custom orthosis that is made specifically for you and your needs and should not be worn by anyone else. It should only be worn according to physician recommendation.



### APPLICATION INSTRUCTIONS

1. Apply your socks and smooth out any wrinkles
2. Sit with your knee flexed and (if possible) the knee bent on KAFO. Ensure straps are open. Loosen laces or Velcro on shoe.
3. Slide leg through thigh bands and slide foot into shoe.
4. Secure straps at thigh, calf, ankle (if included), and shoe.
5. If a locking mechanism is utilized in your knee joints, ensure locks are engaged after standing.

### WEARING INSTRUCTIONS

It is important to gradually break into the brace. Begin by wearing KAFO for only an hour on the first day. Every day thereafter, you may add an hour to the wear schedule (ie: Day 2, 2 hours, Day 3, 3 hours, etc...) EVERY time you remove the KAFO, 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 occurs, stop use of the KAFO and call your Orthotist at Westcoast Brace and Limb.

### CARE INSTRUCTIONS

Gently wipe the leather thigh and calf bands 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. If the ankle joints begin to make noise you may use a small amount of WD-40 to lubricate. If the noise persists, please call Westcoast Brace and Limb

**PLEASE CALL YOUR NEAREST WCBL REGARDING ANY QUESTIONS OR CONCERNS.**

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