

(Registered Vendor for Orthotic Devices, ADP, Ministry of Health, ON)

AFO- Use and wearing schedule:

Always wear footwear with the brace unless specially designed and discussed by your Orthotist. Remove the insoles to accommodate the brace inside the shoe.

Wear the long socks like knee high underneath the brace to increase the comfort. Socks act as barrier between the plastic and the skin. Preferably non-synthetic socks. Use washed socks every day.

Choose appropriate shoes/boots. Most braces need a size larger with wider width. Velcro or laces are recommended. Shoes with the tongue open till toe box are easy to use. Use metal shoe horn for the ease in donning and doffing. Shoe horns are available in shoe stores.

All the straps should be secured firm enough but not too tight.

Start using the brace for 20-30 minutes and add more time each day as instructed by your Orthotist. Do not use brace for longer time even if this is not your first-time brace. Body needs time to get used to the brace. Your Orthotist will discuss your personal wearing schedule at your fitting appointment.

After taking off the brace, check for any red marks on the skin. If the redness stays even after 30 minutes, discontinue using the brace and contact our office to schedule an appointment to see your Orthotist as your brace may needs to be adjusted. For rash/ sever pain / other reactions contact your Doctor immediately Patients with Diabetes and the other neuropathy conditions should make more efforts to monitor the skin, pressure points. Visual inspection of your skin and foot is recommended once a day.

For your own safety, do not drive a vehicle while wearing the brace unless vehicle is modified and/or agreed by your Doctor. For any adjustments, schedule an appointment with your Orthotist. Remember.... We are here to help you!

Record your using schedule on the page and please bring it with you for the follow up appointment.