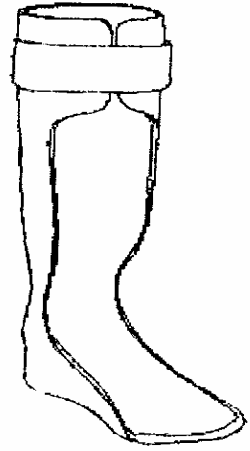


Plastic Ankle Foot Orthosis



Care and Use Instructions

1. Graduate your time of use with your new orthosis. In the beginning wear it for a short period of time and take it off, remove your sock and check for redness that you may not feel. Re-apply the orthosis and wear it for a longer time and inspect the skin again, Etc....
2. The shoe is an important integral part of the orthosis. The shoe must be laced for ease in donning, doffing, and to hold your foot securely in position. If the shoe is too large and not snug on your foot the AFO will not work well. Remember, it was molded exactly to a cast of your leg. Also keep the same heel height if you change shoes. A higher heel will throw you forward and a lower heel will throw you back.
3. Make sure you are safe when you begin. Use a walker, cane, etc.. or have someone with you when you start because the orthosis is holding your foot and leg differently and hopefully your walking pattern will change.
4. If you feel pain or see persistent redness:
 - A) Make sure your shoe laces are snug and the shoe is appropriate.
 - B) Call immediately for any adjustment.

Note: Do not let it turn into a blister !

Adjustments or advice or answering of a question is free of charge.
5. Always wear a clean sock or nylon that comes higher than the top of the orthosis. This provides an air layer between the leg and plastic and this protects the skin.
6. To clean simply wipe with a damp cloth. Dry well before re-applying.
7. If you have any questions or problems call 800 598 6672.