

What happens next?

Following the first supply of your KAFO you will have a review appointment made.

After this your KAFO should have a 6 monthly maintenance check.

Please ensure that you bring in your KAFO for this to occur.

If your KAFO is subject to environmental factors such as high humidity, wet, dust, incontinence etc. then a 3 monthly check of the joints is advised by the manufacturer.

If have any queries please use the contact information on this leaflet.

Your next review is due:

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Contact us

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Your Orthotist is:

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All our publications can be made available in different languages or formats

Information leaflet supported by
NHS Orthotic Managers Group
Reviewed: May 2019
Review due: May 2021



Royal Berkshire
NHS Foundation Trust

Department of Orthotics

Knee ankle foot
orthoses (KAFO)

Information for patients

You have been prescribed a KAFO manufactured specifically to your needs. This may include providing stability to your knee and assisting mobility.

The KAFO may consist of some or all of the following: plastic or leather thigh section, plastic below knee section, knee joints, ankle joints and fixation within or outside of your shoe. It will have fastening straps with Velcro or buckle adjustments.



Wearing your KAFO

If you are wearing for the first time you will have to gradually increase the amount of time used to allow your skin to adapt.

Before putting the KAFO on you should inspect it to ensure the knee joints move freely without resistance and if it has a lock that these engage correctly and fully. You should also check for any other defects.

- Check that all straps are fastening securely
- Check that the KAFO is attached to or is within the shoe securely
- Extend your knee to ensure if you have locks they function properly

Care advice and precautions

It is normal for there to be some marking to the skin when you take off the KAFO. These marks should disappear within 30 minutes. If marking persists or becomes sore discontinue use until you have contact the Orthotics Department for advice.

Check your skin visually before and after each use. Use a fabric interface such as a sock or Tubigrip to help protect you from friction.

Observe good skin care and hygiene.

Do not attempt to repair or adjust the KAFO.

How long should they be worn?

At first, the KAFO may feel uncomfortable so they should be worn gradually using the following schedule.

Day 1: 30-60 mins Day 3: 3-4 hours

Day 2: 1-2 hours Day 4: 4-5 hours

Normal supply

You are normally provided with one KAFO with a second supplied if it is to be used long term and it has been deemed clinically effective. Your KAFO can be repaired for strapping and other components and will be replaced when beyond safe repair.

What footwear do I wear?

Leather shoes/trainers with a lace up or Velcro fastening, a heel height of between 25 and 35mm and with a rubber sole/heel unit are recommended. Ensure the footwear has good space for your foot and any KAFO foot section.

Looking after your KAFO

Please keep your KAFO well maintained:

- Clean with damp cloth or soap wipes
- Do not immerse in water
- Periodically clean any fluff from knee joints using a cotton bud
- Fluff etc can be picked out of the velcro to improve the grip
- If knee joints are loose or worn then please contact the Orthotics Department