

Useful contacts

British Association of Prosthetists and Orthotists (BAPO) www.bapo.com
Tel: 0845 166 8490

SCOPE For disabled people achieving equality www.scope.org.uk
Tel: 08088003333

HemiHelp For children and young people with hemiplegia www.hemihelp.org.uk
Tel: 08451232372

International Society for Prosthetics and Orthotics (ISPO) www.ispoint.org



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

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Royal Berkshire
NHS Foundation Trust

Department of Orthotics

Guidelines for the
use of Children's
Ankle Foot Orthosis
(AFO)

Information for parents
and carers

Putting on your child's AFOs

Sit your child in front of you with their hip and knee bent. Pull up their socks and make sure there are no wrinkles in them.



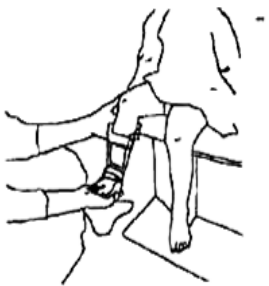
Turn your child's foot towards the middle before bringing the foot up.



Place your child's heel at the back of the AFO, then fasten the heel retaining strap snugly. Check that your child's heel is in place by lifting his or her toes to see.



Finally, fasten the top strap and put on your child's shoe.



There may be additional straps, if so your orthotist will show you how to fasten them.

Finding footwear

The footwear that is worn with your child's AFO is very important. There are a few things that you should consider when deciding on footwear.

- If you are buying footwear always take the AFO with you.
- You will need to consider at least one shoe size increase for fitting.
- Lace ups and Velcro are preferable as they give the most adjustment. The lower they open down the tongue of the shoe the better.
- A removable inlay is very useful. By removing this you can create more space for your AFO.
- High heels are not desirable, 1-1.5cm maximum. As the splint is set at a specific angle too high a heel can tip the knee forward too much.

If you have any difficulties finding footwear then please speak with your orthotist.

It is important to bring suitable footwear with you to the fitting appointment where possible, to allow the AFO to be fitted and adjusted on the day.

How long should they be worn?

At first, the AFO 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

Your orthotist or physiotherapist will advise you how long you should build up to, or what activities to wear them for.

What about red marks?

- You should check the skin around the foot and ankle every time you take the splints off.
- It is normal to see red marks where pressure has been applied. These should disappear within 30 minutes.
- If you notice any sores or blistering you should stop using the splints and contact your physiotherapist or orthotist for advice as they may need adjusting.
- Long socks can help with protecting the skin.

Cleaning

The AFO should be cleaned with a damp cloth and towel dried, heat will distort the shape. Do not soak it or use any detergents. Any fluff or hair can be picked out of the Velcro straps.