

Care and Handling

Your Knee-Ankle-Foot Orthosis (KAFO) has been custom designed for you to help correct and maintain the proper alignment and position of your knee, ankle, and foot. Fitted with many purposes in mind including controlling or correcting alignment, increasing mobility and independence, assisting in rehabilitation, reducing pain and preventing deformity, your KAFO is customized to you and we ask that you partner with us to ensure your comfort and success. Please take note of the following guidelines:

Cloth Interface:

- A soft cloth should be worn at all times under your KAFO to reduce friction with the skin and protect from excessive perspiration. Natural fiber (i.e. cotton) is preferred as it allows for better air circulation and absorption of moisture.
- Any soft cloth garment can be used (e.g. cotton stockings, pajama pants, leggings, sweatpants).

Application:

- Sitting, lay your leg into your KAFO and push your heel down and back firmly into the heel of the KAFO. Fasten all straps securely.
- Once the KAFO is on you can now put on your shoes. Your KAFO was designed to be worn with shoes.
- A properly fitting orthosis will exert a firm, steady pressure similar to an open palm hand against the skin. You may experience slight discomfort as you adjust to your new orthosis. If you feel severe discomfort, remove the orthosis and contact your orthotist. Keep in mind that your new KAFO is like a new pair of shoes and will take a few weeks to achieve a comfortable fit.

Shoes:

- Select good shoes with proper support. Your shoes should have a **closed toe and heel design** and possibly offer greater width to accommodate the KAFO. Tennis shoes are ideal as they often offer greater width and depth.
- Always try shoes on with your KAFO to ensure a comfortable fit.

Wear Time:

- As you adjust to your KAFO, your orthotist will outline a specific schedule of wear that is individualized to you. **Please follow these guidelines for optimal results:**

Skin:

- **Wash your skin daily** with soap and water paying special attention to the areas between your toes and the bottoms of your feet where bacteria tends to collect.
- **Examine your skin.** Daily examination of the skin under your orthosis should become a habit.
- After you remove your KAFO, check for areas of redness, swelling or irritation. A new KAFO may cause some redness which should disappear within 15 minutes of removing the brace. If areas of redness/irritation persist contact your orthotist immediately.
- **People with diabetes, vascular insufficiency or neuropathy are especially vulnerable to skin irritation, particularly in bony areas or on the bottom of the foot. Careful examination and attention to the foot should be given to keep from developing any serious conditions.

KAFO:

- **Clean regularly** with a solution of ½ isopropyl alcohol ½ water using a clean cotton towel. Towel dry and leave to dry thoroughly at room temperature. **Do not attempt to hasten drying by using a hair dryer or any other heating unit!**
- **If any part of your orthosis becomes cracked or worn or you hear any unusual squeaking, cracking or scraping noises emitting from the joints, come in to your orthotist for repair. Do not attempt to repair or adjust your KAFO yourself!**
- Your orthosis was custom made for you at the time of your fitting. Any major changes in weight may cause improper fit and should be brought to the attention of your orthotist. Similarly, if you think your child is outgrowing their orthosis, contact your orthotist for an appointment.

Please contact us with any questions, any time!

Patient

Orthotist