

AlliedOP, Inc.

New Jersey—Randolph ♦ Bloomfield ♦ Wyckoff ♦ Shrewsbury ♦ Mt. Laurel ♦
North Brunswick ♦ Northfield ♦ Flemington ♦ Sewell ♦
Pennsylvania—Elkins Park ♦ East Stroudsburg ♦ Bethlehem
(800) 848-8866

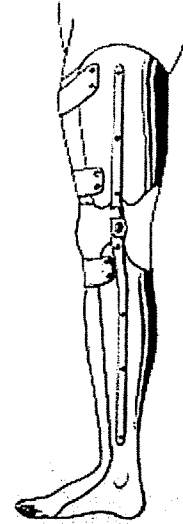
Guidelines For Wearing Your KAFO (Knee Ankle Foot Orthotic)

Purpose

This brace is designed to maintain alignment, control the movement and rotation of your knee, ankle, and foot. Your KAFO will be custom designed to fit your body as snugly as possible. Some joints may be locked and others may not, but the brace will still have control over the leg. Your AlliedOP practitioner, along with your doctor specifically chose these joints for your individual condition.

Putting On Your KAFO

It is easiest to put your KAFO on in the sitting position. Carefully sit on the edge of the seat to allow the thigh section to slide under your thigh but over the seat. Make sure that your foot is firmly seated in the shoe or heel cup. Once the leg is in the proper position, attach with the straps snugly.



Skin Care Information

Preventing Skin Problems

Check your skin thoroughly under the straps especially over bony areas, for any red or irritated spots every day. Skin irritations may occur from moisture and bacteria on the skin or if the brace is not positioned properly. Always wear a clean, dry, well-fitting sock. Avoid having wrinkles in the fabric.

Cleaning Your Orthosis

Use an antibacterial soap and water to clean a plastic KAFO. If you have leather straps, use saddle soap to clean the areas. The joints mostly likely will not need lubrication. Only use a dry spray lubricant (silicone) if needed.

Remember...

Never attempt to repair or adjust your brace yourself. If you are experiencing any problems or have questions regarding your brace, please contact your AlliedOP practitioner.