



Ankle Foot Orthoses (AFO)

Technical Aids Program
This brochure is intended for children and their family

Cost and responsibilities

Ankle foot orthoses are expensive. They are covered by the Régie de l'assurance maladie du Québec (RAMQ) and guaranteed for six months following reception. The CRME Technical Aids Program is required to handle any adjustment or repair during this period. In this respect, should you decide to deal with another laboratory during this period, fees may apply and the laboratory may refuse to perform the work.

Moreover, in cases of negligence (including loss or theft) when using the orthoses, the client is responsible for replacement fees

Type of orthoses prescribed by doctors:

- Fixed
 Articulated
 Short

Worn:

- Day
 Night
 Standing board

Orthosis delivered on: _____

Orthotist: _____

Personal notes

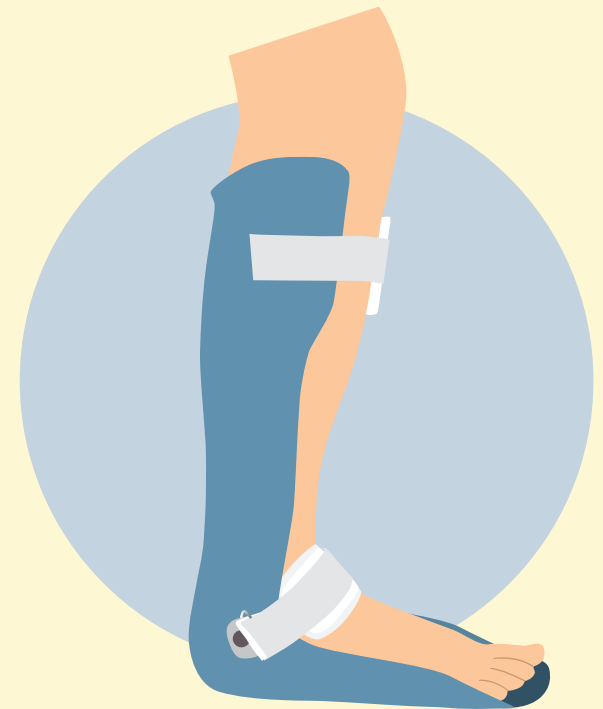
Have questions or need to book an appointment?
 Contact the Technical Aids Program Secretary at:

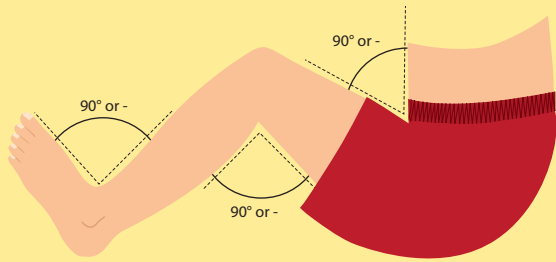
CRME • Tel.: 514 374-1710, extension 8022

CHU Sainte-Justine • Tel.: 514 345-4666

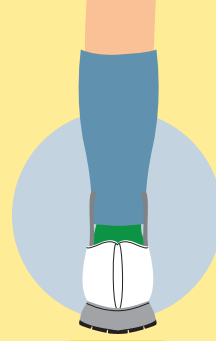
Brochure prepared by the Technical Aids Program's team of orthotic and prosthetic technicians and the physiotherapists.

Wearing an ankle foot orthoses (AFO) helps to maintain proper foot alignment while stretching the muscles to maintain flexibility. This helps delay, limit or prevent foot deformities. The orthoses also provide ankle support, improves balance when standing and improves the child with greater independence when moving or performing day-to-day activities.





Picture 1



Picture 2



With the children and their family

Starting to wear the orthoses

New orthoses should always be worn **progressively** to allow the child to adapt to them. Start with a period of 30 minutes, and inspect the feet each time you remove the orthosis. If there are no problems or injuries, increase wear time by 30 minutes until you reach the total recommended duration.

For night orthoses, start progressive wearing in the evening before bed, while doing something relaxing (e.g. reading, watching TV).

Putting on the orthoses

- 1 Make sure the child's socks are free of any folds.
- 2 Make sure to match the orthosis to the appropriate foot.
- 3 Bend the child's hip and knee 90° or less, and bend the foot as close as possible to the leg. (Picture 1)
- 4 First, press the heel firmly against the bottom of the orthosis and keep this position to fasten the ankle strap first. As the main fastener, it is important that it be securely fastened.
- 5 Fasten the orthosis at the calf without using any tension.

Potential problems

- In the event of profuse sweating, change socks several times a day.
- There may be redness when removing the orthoses, but it should go away within 20 minutes

Caution: If the redness lasts more than 20 minutes, there are blisters, skin reactions or swelling of the feet, immediately stop wearing the orthoses and consult your physiotherapist, or call the Technical Aids Program for an appointment to have the orthoses adjusted.

Buying shoes:

Shoes should only be purchased after receiving the orthoses. We recommend:

- A tab that opens wide at the front (like a skate).
- Using removable or easily detachable insoles in the shoes.
- Wide, deep shoes rather than long ones (so as not to hinder walking).
- Soles that flare outward to increase stability, made of materials that are little or non compressible, free of air bubbles. (Picture 2)

Hygiene and maintenance

Wearing white cotton socks is recommended as it absorbs perspiration. Choose plain, thin, long socks (that go up to the knees).

Clean the orthoses regularly, using a cloth wet with warm water and mild anti-bacterial soap. Do not soak the orthoses in hot water. Regularly remove the lint that accumulates on the Velcro hook in order to maintain the Velcro straps' grip. Avoid leaving the orthoses within reach of animals or close to a heat source (heater, dryer, car).

Renewals and adjustments

Consult the physiotherapist or doctor, or call the Technical Aids Program to book an appointment with the orthotist if the orthoses are:

- too narrow at the leg or foot,
- too short at the calves or toes,
- broken or cause injuries.

Also book a consultation if the condition of the foot or leg has changed.