

HOW DO I LOOK AFTER MY AFO?



Maintenance

To ensure the AFO remains in good condition, regularly inspect it. Contact your Orthotic Department if there are any cracks, loose rivets or screws, or worn-out padding and straps for repair or replacement.



Cleaning

Do not put the AFO in a washing machine. Instead, wash it with a sponge and fresh water (if it is unlined).



Direct heat

Keep the AFO away from direct heat, such as a radiator or hair dryer, as this may distort the shape of the AFO.



Adjusting

Do not try to adjust the AFO yourself under any circumstances.



Lending

The AFO has been prescribed for you and is intended for your use only.

WHAT IF I HAVE A PROBLEM?

If you have any questions or encounter any issues with the AFO, please contact your Orthotic Department. The information in this leaflet is for guidance purposes and does not replace professional clinical advice from a qualified practitioner.

CAN I REORDER ANOTHER AFO?

Yes! We are working towards having a fully automated function on our website. www.medfacorthotics.co.uk

Until then, if you book an Online video appointment on our booking page (scan the QR code below, or visit our website) our trained Orthotists will be able to process the order for you and even be able to make some design changes.



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ANKLE FOOT ORTHOSES (AFO)

WEAR AND CARE INSTRUCTIONS



WHAT IS AN ANKLE FOOT ORTHOSIS?

An Ankle Foot Orthosis (AFO) is a moulded plastic splint (also known as a leg brace) used to hold the ankle and foot in a corrected position. AFOs are prescribed to meet your specific needs, which may include improving walking, enhancing stability while standing, or preventing deformities.



HOW DO I FIT THE AFO?

It is important that the AFO is fitted as instructed by your orthotist. They will make sure the AFO fits correctly and that you feel comfortable putting on the AFO and taking it off.

- Wear thin cotton socks underneath the AFO, making sure they are the same length as or longer than the AFO.
- Ensure your heel sits at the back of the AFO.
- If you are fitting the AFO onto someone else, it is best to hold the back of the AFO with one hand while sliding the foot into the AFO.
- If there is an ankle strap, tighten this first. Next, fasten the calf strap and then the toe strap (if one has been added). All straps need to be fastened firmly but comfortably.
- The AFO should always be worn with footwear.

WHAT TYPE OF FOOTWEAR SHOULD I WEAR WITH MY AFO?

Footwear that is wide and deep, with lace or Velcro fastenings, is preferred, as this will help hold your foot securely in the AFO. It is advisable to buy suitable footwear after the AFO has been fitted, as it will affect how your footwear fits. You may find it beneficial to remove the insole of your footwear to allow more room for the AFO.



Wearing Schedule

Your orthotist will provide a schedule to help you gradually increase the number of hours the AFO is worn each day. The length of time you should wear the AFO will vary; some users wear them all day, while others will only use their AFO for a few hours each day, such as only at night, or during sessions with their physiotherapist. Start by wearing the AFO for one hour and then gradually increase the wear time by one hour each subsequent day, as long as you do not experience any pain, rubbing, irritation, or redness to the skin.

When you remove the AFO and sock, check for any compression marks. If these do not fade or disappear after 20 minutes, discontinue use, as this can be a warning sign of excessive pressure, and contact your



Orthotic Department for advice. If you do not experience any issues after following the wearing schedule, the AFO should then be worn as instructed by your orthotist.

WHY CHOOSE US? THE BENEFITS OF HALO MEDICAL

Halo Medical delivers a wide range of orthotic services to both NHS and private patients. Our sister brand, Florence Paediatrics, offers the same high level of care. Together these brands form MedFac Orthotics.



Our orthotists work across NHS hospitals and private clinics, providing devices that support the body, promote active living, and help reduce pain or prevent pathological progression.

Using digital scanning and computer-aided manufacturing, we create insoles, footwear, and other orthotic solutions with exceptional precision and accuracy.

Our highly trained team treats a broad spectrum of conditions, from paediatric needs and autism to arthritis and diabetic-related pathologies.

At Halo Medical and MedFac Orthotics, every consultation is tailored to the unique needs of each individual.

Manufacturing

All our NHS and privately prescribed products are made and fitted in the UK. By choosing us, you're supporting local manufacturing with our dedicated teams in Wellingborough, Aldershot and Lewis.

The custom-made orthotic that has been provided to you has been manufactured to the specification provided by the prescribing Halo clinician. The device conforms to the essential requirements (Part II of the UK MDR 2002, Annex I [as modified by Part II of Schedule 2A to the UK MDR 2002]). You may request a Compliance Statement from Medfac UK Ltd.

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ORTHOTICS