



## Ankle Foot Orthosis

Please review this carefully.

If you have any questions about your care, please feel free to discuss them with us. Your concerns cannot be addressed if the Orthotist is unaware of it. Most difficulties can be attended to quickly and easily.

### **Wearing Instructions**

1. Wear your orthosis for up to one hour the first day, two hours the second day, three hours the third day, etc. You may wear it longer if you are comfortable, or less if, necessary.
2. If your orthosis causes pain before you have worn it for the scheduled period, remove it. On the next day, do not attempt to increase the wearing time. Then resume your schedule the following day, increasing the wearing period one hour per day.
3. Be sure to wear stockings or socks (preferably cotton) to minimize the possibility of skin irritation. If a "rub spot" does not improve after a few days, call for an appointment and modifications shall be done to make you more comfortable.
4. Remember that shoe type will affect your orthosis. They function most effectively in closed shoes rather than slip-ons. Laces are desirable to maintain the position of your foot within the shoe. When purchasing new shoes, bring your orthosis to ensure proper fit.

## Care and Cleaning

1. Wipe with a damp cloth with mild soapy lukewarm water (NEVER HOT). Rinse well. Do not use oil or Vaseline.
2. If the orthosis should break, please book an appointment with your Orthotist. Do not attempt to correct or modify it yourself.
3. In time the Velcro straps and hinges will wear. They can be easily replaced, usually while you wait by one of our qualified Technical Staff. An appointment is not necessary.

## Follow-Up

It is recommended that you make an appointment for follow-up at least once a year. Changes occur to our body shape in time. It is essential to maintain the integrity and alignment of the orthosis to maintain optimal fit and function.



2636 Parkdale Blvd. NW  
Calgary, AB T2N 3S6  
Phone: (403)283-7872  
[www.cascadeorthotics.com](http://www.cascadeorthotics.com)