**AFO Instructions**

The AFO brace is a custom ankle foot orthotic designed for controlling ankle instabilities. For the brace to work properly, your body needs to become accustomed to the new forces placed upon it.

Recommended wear schedule:

**Day 1**: one hour in the morning, one hour in the afternoon

**Day 2**: two hours in the morning, two hours in the afternoon

**Day 3**: three hours in the morning, three hours in the afternoon

**Day 4**: four hours in the morning, four hours in the afternoon

**Day 5**: five hours in the morning, five hours in the afternoon

**Day 6**: six hours in the morning, six hours in the afternoon

**Day 7 +**: all day

During the first week, it is important for you to examine your feet visually after each wearing period. Red marks are normal (like the kind you get from socks), but they should go away within 30 minutes. If not, contact Dr. Bailey’s office.

Those with diabetes or other neurologic deficits of the sensory system of the foot should pay extra attention visually to any areas of high pressure on the foot, ankle, or leg.

Generally, it is recommended that a sock is worn under the AFO brace. Be sure to remove any wrinkles in the sock before lacing up the AFO. The sock should be higher than the height of the brace by a few inches.

Although it is done either way, the preferred order is to put the brace on the foot first, then put the brace/foot combo into the shoe. This can be difficult and a shoe horn can make this step much easier. Some find that the brace can be put into the shoe first and then the brace/shoe combo can be put on together. In order to accomplish this technique the shoe and brace must be laced fully.

Consult Dr. Bailey on types of shoes that are appropriate for use with the AFO brace.

Cleaning: A solution of half water and half alcohol is recommended for cleaning the inside of the AFO brace. Let air dry before wearing.