

How to Use Your KAFO:

- Wear a lace-up shoe that has enough room for both your foot and the brace to fit comfortably.
- Wear a cotton sock between your skin and the brace. The sock should be long enough to cover your entire calf. The sock will absorb perspiration and help protect your skin.
- When you first try to walk with your brace, you may feel awkward. This is expected. Allow some time to get used to the new brace.
- Begin wearing your brace for one hour at a time, then take it off and rest your leg. Alternate wearing the brace and resting your leg for the first few days.
- Check you leg for any red pressure areas. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients who are diabetic or have poor sensation in their leg.
- Do not become discouraged if you feel an adjustment is needed. A minor adjustment might be needed to ensure a good fit.

How to Care For Your Knee Ankle Foot Orthosis:

- Clean the tbrace regularly using mild soap, and rinse well. Make sure to thoroughly dry.
- Metal joints will require periodic lubrication, which will be done at your follow up visits. If you think the joints need lube before your next visit please call us and we will get you in sooner. Do not self lubricate.

Important Notes About Your Knee Ankle Foot Orthosis:

- It is VERY important to keep all follow-up appointments to ensure good fit and function. Schedule an appointment at our office if any unexpected problems occur.

Wear Schedule:

Day 1 - Wear brace for no more than one hour. Check skin following use.

Day 2-10 - Increase wear time by one hour each day until full time use is achieved. Monitor skin for pressure marks after each use.

