

Information About Your Ankle Foot Orthosis

Fitting your child's AFO

1. Your child should sit in front of you with their hip and knee bent. You should make sure that they have long socks that cover the area of their leg which the AFO touches. Pull the sock up high and make sure there are no wrinkles in them.
2. Turn your child's foot towards the middle before turning the foot up. This means the big toe should be the highest of the toes.
3. While placing your child's foot into the AFO hold the above position until you locate their heel in the back of the AFO. Once this is achieved fasten the retaining ankle strap snugly so the heel cannot move. Check that your child's heel is still located in the heel area by lifting up their toes and looking under the foot. You should see the sock and heel still in location without any gaps.
4. Finally fasten the remaining straps. The calf strap does not have to be on tight. You should be able to put your finger down in-between the strap and your child's legs. Your Orthotist will show you how to fasten any additional straps.
5. Put on your child's shoe. The AFO should not be worn without a shoe/ boot.

Finding footwear

The footwear your child wears over their AFO is important. Below are a few things to consider when deciding on footwear for your child:

- Always take the AFO with you when buying footwear to insure it fits.
- You may need to consider moving up one size or width of shoe to improve fitting.
- Lace ups and velcro are the best style of shoes as they give more adjustments and improves fit.
- Shoes with lower openings down the tongue are better. As it is easier to get splint in but also you can check your child's toes are sitting correctly within the shoe and AFO.
- If the shoe has a removable insole, please remove as this will create more depth in the shoe for the AFO and patients' foot to fit.
- Shoe pitch should be about 10mm as AFO are set at a specific angle and having higher heel can tip the knee too far forward which will affect their walking.
- How to measure heel pitch.
Heel height – sole height = shoe pitch

If you have issues with finding footwear please speak to your Orthotist for advice.

What about red marks?

As mentioned above you should check your child's skin every time they take the AFO off.

- It is normal to see red marks from pressure on their skin for at least 15-20 minutes after taking the AFO off. They should disappear within this time.
- If the marks are still there and/ or look deep, red and angry. Please contact your orthotic department for advice.
- If you notice blistering /sores to your child's skin you should stop wearing the AFO immediately and contact the orthotic department, as it may need adjusted.
- If the heel / foot is not in the AFO correctly this will cause red marks. Please check you are managing to get the AFO on correctly.
- If you notice dust or sweat gathering at the heel this indicates the heel is not getting fully back into the AFO.
- If your child has grown this can also leave red marks as their bones are not sitting in the relief areas made for them at the manufacturing stage.

How to clean my child's AFO?

- Use a wet damp cloth to wipe down the plastic aspect of the AFO
- Fluff and hair can be removed from the velcro straps by picking them off or by a small wire brush.
- Any joints should be cleaned regularly using a dry toothbrush or similar to remove dirt and dust etc.
- Look after the AFO and return it to the orthotic department for any repairs. You should never attempt to modify or adjust it yourself.

Further appointments

Following the initial supply of your first AFO(s) a review appointment is usually made for about 6 -8 weeks, at the discretion of the Orthotist.

After this initial review appointment as a parent or guardian you are responsible to make any further appointments required. Appointments should be made if your child has outgrown the AFO, or if the AFO is causing discomfort / concerns. We need to see you every 6 months for a review to check structure of the AFO and to make sure prescription is still appropriate. Failure to do this may see your child being discharged from the service.



Contact Us

If you require any further information, having issues with cast or your child is unable to attend an appointment, please telephone the Orthotics Department in Stirling Community Hospital.

Please do not hesitate to contact the Orthotics office and speak to either Deborah, Agnes or Catherine.

Office hours Monday - Friday 8.30am - 4.30 pm

Telephone number **01786 434062 Press 1**

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Orthotics Department



Ankle Foot Orthosis for Children



Advice for parents and
carers

Your Orthotist is
