



## Carbon A.F.O. (Ankle Foot Orthosis)

- A carbon AFO is a brace worn to help keep a patient's toes up when walking.
- The device is made of carbon to assist with push off when walking.
- These braces are worn ***over a protective sock*** and ***always worn with a shoe that fastens closed with laces or velcro.***
- Always follow specific instructions given by your doctor and practitioner.



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### What does it do?

Depending on your condition, the brace may be designed to:

- Help prevent your toes from catching on the ground when you walk.
- Provide support to your ankle and foot.

### Wearing Break-in Schedule

Always check your skin after wearing your brace ***each time***. Any areas of pink should fade away after 10-15 minutes. If marks do not disappear after 10-15 minutes, or if you observe deep red marks, blisters, or bruises, contact your practitioner immediately. If you have any concerns ***do not*** wear the brace until you follow up with your practitioner.

Day 1 – Wear the brace for 1 hour.

Day 5 – Wear the brace for 5 hrs.

Day 9 – Wear the brace for 9 hrs.

Day 2 – Wear the brace for 2 hrs.

Day 6 – Wear the brace for 6 hrs.

\*\* Continue to add 1 hour each

Day 3 – Wear the brace for 3 hrs.

Day 7 – Wear the brace for 7 hrs.

day until full wear is achieved. This

Day 4 – Wear the brace for 4 hrs.

Day 8 – Wear the brace for 8 hrs.

usually takes at least 2 weeks.

### Precautions

Prior to wearing the brace, it is important to check the following things:

- Make sure the brace is ***clean and dry***. Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure straps are secure on the brace. Make sure your skin is ***clean and dry***.
- After wearing your device, examine your skin and look for abnormal redness, blisters or sores ***each and every time***. Using a mirror may be helpful if you have difficulty seeing any areas on your foot or leg.
- This device is designed to ***always*** be worn with socks and shoes. The sock should cover all areas of your leg that make contact with the brace.
- A shoe with laces or velcro to fasten the shoe is required. ***Do not*** wear the brace in sandals, loafers, or slip-ons.
- Always make sure there is an insole or liner between your foot and the brace.
- ***Do not*** squat down when wearing this brace. This can cause damage to the brace.
- ***Always*** make sure your entire foot is on the step when you walk on stairs. ***Do not*** just place your toes on a step.
- Follow the manufacturer's instructions for cleaning your device. If the pads become worn and extremely soiled, replacement kits are available. Please let us know.

\*\* If you find any areas of concern or have questions, ***contact your practitioner before wearing the brace.***

### How to apply the brace to your leg

Apply a clean and dry sock, ensure that sock covers all areas of skin that will make contact with the brace. Make sure the heel of the sock is over the heel of your foot and the sock is wrinkle free.

- 1) Remove the liner of your shoe, place the carbon AFO into your shoe, place the liner on TOP of the carbon AFO footplate.
- 2) Slide your foot into the shoe. Tie the laces or fasten the Velcro on your shoe. The shoe should be secured snugly to your foot.
- 3) Fasten the straps on the brace around your leg.