

GREAT LAKES ORTHOPEDIC LABS, INC.
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GREAT LAKES ORTHOPEDIC LABS, INC.
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**INSTRUCTIONS FOR WEARING (AFOS W/SMO INSERTS)
ANKLE FOOT ORTHOSES WITH SUPRAMALLEOLAR INSERTS**

1. Always wear socks of appropriate thickness over the skin. A cotton-synthetic blend of medium thickness is recommended. Smooth out any wrinkles or bagginess in the socks.
2. Bend the knee and hip to about 90 degrees to help reduce the stretch of the ankle muscles. If spasticity is present, allow extra time to obtain this position.
3. Put on the SMO section first. Remove it from the AFO section by opening the top/front of the brace and 'scoop' the foot into the brace. Pull the brace up and down slightly while pushing the top of the foot back.
4. Place the SMO into the AFO section while holding the foot in the SMO.
5. Lift one side of the top/front opening and insert the instep pad under the brace shell.
6. Lift the other side of top/front opening and insert the remaining portion of the instep pad under the shell.
7. Massage the instep pad and top of the brace to settle the pad down onto the foot and to resettle the foot back into the brace.
8. Pull up on the patient's forefoot to flex the ankle slightly upwards and then tighten the ankle strap until it is snug. Secure the strap.
9. Compress the brace around the forefoot and secure the strap.
10. If the patient's foot has moved while the straps were being secured, the brace may be too loose for optimal foot control. If so, release the straps and repeat steps 7-9.

CAUTION: Keep your fingers away from the back of the hinged ankle joint to prevent pinching them between the calf and foot sections.

CARE OF AFO'S WITH SMO INSERTS

1. Clean the brace with a sponge or soft brush with mild soap (skin safe) and warm water. Towel dry, then allow a few hours for thorough air drying. Do not dry with heat.
2. Always wear sneakers or shoes to prevent scoring and scratching the bottom of the AFO. Not wearing a sneaker or shoe over the brace will void the warranty.
3. Avoid extremes of cold and heat. In cold temperatures, the plastic will become brittle and prone to stress fractures. Avoid suddenly prying the brace open when it is very cold.

CAUTION: When not wearing the device, keep it away from your pets since they are attracted to the human scent and will chew and destroy it.

THINGS TO WATCH FOR

After an initial 2 or 3 week period of intermittent wear, patients adapt quickly to wearing braces full time. Any complaints of discomfort, especially after the patient has been wearing braces comfortably for a while, may signal a need for adjustment of the brace. Some redness, especially under the ankle strap, is common due to the amount of muscle tone being controlled by the brace. Any red mark or sign of irritation that does not go away within 20 minutes after the brace has been removed may indicate a fit problem requiring action. Also, after three to six months, braces should be evaluated to ensure proper fit.

If you have fitting problems or need to schedule an evaluation, please call our office for an appointment. If you need immediate assistance after regular office hours, please call 893-4116 and leave a message on the answering machine. Your call will be returned.

FINDING SHOES

Generally, a shoe that is wider in the toe area, perhaps a size or two larger than normal, will best fit a brace. Finding the shortest shoe that can accommodate the brace is recommended. This will reduce the tendency for the wearer to trip over the toes. A more flexible shoe material will spread more to accommodate the extra width required. We recommend the padded insole of the shoe be removed after purchase to provide an additional increase in volume. The following websites contain information on shoes designed specifically for use with ankle foot orthoses: www.keepingpace.com, www.hatchbacksfootwear.com, and www.markellshoe.com.

Warranty: The components of this device, since it is a prefabricated device, carry an individual manufacturer's warranty. Great Lakes will honor warranties under applicable law. Most devices are warranted for 90 days, after which a service charge, based on an hourly rate and materials, can be applied. The warranty does not apply to anatomical changes of the patient, misuse, and/or loss of the device or any alterations made by anyone other than Great Lakes.