

We trust you are satisfied with your new AFO and it proves to be effective.

Our goal at Steeper is to always achieve the best possible outcomes from the orthotic devices we manufacture, supply or adapt for patients referred into our care.

AFO Care & Usage Instructions

This orthosis is intended for the single exclusive use by the named patient.

Custom-made device

1. Position the foot into the AFO accordingly to your orthotist's instructions.
2. The AFO should be used for short, supervised periods to begin with and the skin checked for pressure redness after each wearing session. The length of each session should gradually be increased.
3. Always ensure that socks are worn between the skin and the AFO. Long cotton socks should be plain with no ribbing.
4. Clean the AFO with warm soapy water. If the AFO has metal joints check them regularly and lubricate with vaseline.
5. If you experience any problems please contact the hospital, school or clinic department where the AFO was supplied.
6. Never try to alter your AFO yourself, contact your orthotist/orthotic department.
7. An annual review of your AFO is advisable by the orthotist at your hospital.
8. An annual review of your footwear is advisable by the orthotist at your hospital.

Ref No:

Orthotist:

Patient Name:

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