

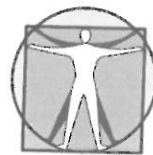
With needle nose pliers, pull the rivets out. Spread the split stirrups out of the shoe. Insert the split stirrups into the caliper plate on the new shoe and remove the insole. Reinsert the copper rivet through the 2 holes in the shoe and replace the insole. Make sure the copper rivets are flush with the sole of the shoe.

### **FOLLOW UP**

You should be seen by your orthotist about 2 weeks following your fitting. Depending on your condition, your orthotist will advise you on future follow up. You need to be seen if you experience volume changes in your leg. You should schedule an appointment any time you have concerns about your AFO or feel it is not functioning properly. You should never go longer than 1 year without having your AFO checked.

### **REFUND/RETURN POLICY**

Due to the inherent costs associated with custom fabrication, there can be no refund for a custom fabricated orthosis (including custom molded shoes and foot orthotics) unless the item is proven to be inappropriate at the time of fitting or substandard (less than full quality), in which case the manufacturer's warranty will be observed.

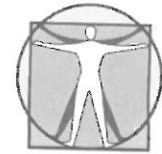


**YANKE BIONICS**

PROSTHETIC AND ORTHOTIC PATIENT CARE

If you have any questions or concerns, please call your local office.

If it is after normal business hours, please call 330-762-6411 and follow the prompts. The On-Call clinician will assist you.



**YANKE BIONICS**

PROSTHETIC AND ORTHOTIC PATIENT CARE

**Advanced  
Prosthetic and  
Orthotic Patient  
Care**

**Wear & Care of  
Your Custom**

**METAL  
ANKLE FOOT  
ORTHOSIS  
(AFO)**

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## METAL ANKLE FOOT ORTHOSIS (AFO)

In accordance with your doctor's prescription, you have been fit with a metal AFO. Depending on your condition, the AFO can be designed to provide a number of functions. The orthotist treating you will explain the purpose and function of the AFO.

### PROPER DONNING

Always wear an absorbent sock that comes above the top of your AFO. This will help reduce friction and protect your skin from perspiration. Cotton socks work well. Nylon socks or hosiery are not recommended. Make sure there are no wrinkles in the sock before donning your AFO. If your sock slides down, pull it up high enough so you can fold it over the top of the AFO. The use of a shoehorn will help prevent the collar of the shoe from breaking down.

### BREAK-IN SCHEDULE

1. You will need to build up a tolerance to wearing your AFO. On days 1 & 2, wear the AFO for no more than 1hr without removing it and examining your skin. All areas in contact with the AFO, as well as the top of your foot and toes should be examined. Minor redness on the skin may appear but this should fade within about 30 mins. Once any redness is gone, you may re-apply the AFO. Continue this schedule for the remainder of the 1<sup>st</sup> & 2<sup>nd</sup> days. If the redness takes longer than 30 mins to dissipate or if you see signs of a problem such as a bruise or blister forming, discontinue use of the AFO and contact our office immediately for an

appointment to have this checked. At all costs, you should avoid developing a blister or sore.

On days 3 & 4, you can increase your wearing time to 2hrs before removal. On days 5 & 6, you can increase your wearing time to 4hrs before removal, and on day 7, you can wear your AFO for 8 hrs. Always follow the same protocol as outlined in days 1 & 2 with regards to skin redness.

You may experience some minor discomfort during your break-in period. If your AFO becomes extremely uncomfortable before you reach your maximum wearing time, stop wearing it and do not increase your wearing time the next day. Wear the AFO only at home until you've reached 8 consecutive hrs before wearing it to school or work.

### IF YOU ARE DIABETIC OR HAVE POOR FEELING IN YOUR FEET,

you are more vulnerable to skin breakdown. Reduce the break-in schedule by ½ of the above protocol. On days 1 & 2, wear the AFO no longer than 30 mins before removing it and checking your skin. On days 3 & 4, you can wear the AFO for 1 hr before removal. On days 5 & 6, wear it for 2 hrs and on day 7, you can wear your AFO for 4 hrs. You should **NEVER** wear the AFO for longer than 4 hrs without checking your skin. Always follow your doctor's instructions on wearing times.

### HYGIENE

Always wash the area in contact with your AFO after removal on a daily basis. You should use soap and warm water. Make sure to rinse your skin thoroughly.

### CARE OF YOUR AFO

You should clean the leather calf band by wiping it with a damp cloth.

The metal hinges on your AFO will need to be lubricated periodically. Being close to the ground, they will pick up dust and dirt and will not function properly without care. Use 3 in 1 Oil or a silicone based lubricant to lubricate the hinges. Place a small amount of lubricant in the moving part of the hinges and take them through a range of motion. Wipe off any excess lubricant. It is recommended that this be done at the end of the day. This should be done at least weekly or anytime the hinges squeak or do not move freely. Check your AFO often for loose or missing screws or rivets and for signs of damage such as cracks in the metal. If you notice a problem, contact your orthotist immediately.

### NEW SHOES

When excessive wear on your shoes is evident, they need to be changed. If you are attaining shoes on your own, consult with your orthotist prior to purchasing them. Only certain types of shoes can be attached to your AFO.

Depending on your condition, the shoe was attached to your AFO with either a "caliper plate" or a "solid stirrup". If your condition required the use of a solid stirrup, changing the upper part of the AFO to a new shoe can only be accomplished by your orthotist.

If your shoe is attached to your AFO with a caliper plate, you have the option of attaining additional shoes and interchanging them with your AFO. The additional shoes must have a caliper plate attached to them. To change your AFO to a different shoe, lift the insole out of the shoe. You will see 2 copper rivet heads.