



Ankle Gauntlet Ankle Foot Orthosis – Wear and Care

General Description

The leather ankle gauntlet AFO is a custom molded device that consists of a piece of molded plastic and padding sandwiched between layers of leather. This type of AFO provides support and control to both the foot and the ankle. It is typically used for treatment of chronic conditions including but not limited to ankle arthritis, posterior tibial tendon dysfunction, ankle pain, and ankle instability. It may also be referred to as an Arizona AFO, Baldwin Boot, or Leather ankle gauntlet. This AFO should only be used by the person for whom it was prescribed and custom fabricated, and only according to physician instruction.

Application

1. Apply a long sock and smooth out any wrinkles
2. Open the closures (laces or Velcro) on the brace
3. Grab the top of the orthosis with both hands and slide foot in, as if you are putting on a pair of boots.
4. Make sure heel is all well seated in the bottom of the AFO.
5. Beginning at the mid-foot, down near your toes, start to tighten the laces/Velcro to create a snug fit. If the closures are too loose, you may decrease the amount of support and put yourself at risk of developing blisters.
6. Now put on your shoe. A shoe with laces or Velcro will work best. A slip on shoe is not advised as there is no adjustability for the extra bulk and if there is no backing, the shoe may fall off.
7. You do not need a special shoe to accommodate the orthosis but may need to go up a size or width to accommodate it. You may also need to remove the insole inside of your shoe to create a little extra space for your foot and the brace.

Wearing Instructions

Begin wearing your AFO slowly. On the first day, wear the orthosis for one hour. After that hour, remove the AFO and check your skin. You may notice some pinkness over the instep and at the trimlines on the foot. These should fade within 20-30minutes. If you notice any dark red marks or anything that appears as if it will blister or bruise, keep the AFO off and call your Orthotist. If the skin looks good, wait at least an hour and then put the AFO back on for 1 hour at a time for the rest of the first day. Each day after this, slowly increase your wearing time by an hour at a time (ie Day 2 will use 2 hour increments of wearing). It usually takes about 7-10 days to complete the break-in schedule and wear the orthosis full time.

If you notice a squeak when you put your shoe on with the orthosis, remove the shoe and apply a small amount of talc or baby powder to the orthosis and/or the heel counter inside your shoe. This will reduce the friction between the leather and the shoe and eliminate the squeak.

Cleaning and Maintenance

The best way to clean a leather ankle gauntlet is to wipe it with a damp cloth or spray it with a solution that is 50% rubbing alcohol and 50% water, then pat dry. Do not submerge the AFO in water. Make sure your AFO is completely dry before putting it back on. Although it is not necessary, you may also use leather cleaners to clean your orthosis. Please contact your Orthotist at the nearest OPA with any questions or concerns that you may have.

Bellaire	5420 West Loop S., Suite 1200	•	Bellaire, TX 77401	•	Tel (713) 660.8801	•	Fax (713) 660.8809
Conroe	100 Medical Ctr. Blvd., Suite 116	•	Conroe, TX 77304	•	Tel (936) 441.0334	•	Fax (936) 441-0336
Katy	21700 Kingsland Blvd., Suite 107	•	Katy, TX 77450	•	Tel (281) 578.4810	•	Fax (281) 578-4813