



# Knee Ankle Foot Orthosis (KAFO) Care and Use Instructions

## About your KAFO

A Knee Ankle Foot Orthosis (KAFO), sometimes called a “long leg brace” is a custom made brace used to support muscles, immobilize joints, or correct the position of your knee, foot and ankle. Your KAFO may perform some or all of these functions. A KAFO may be made of metal, thermoplastic or a combination of materials.

## How To Use Your Knee Ankle Foot Orthosis (KAFO)

If there is a thermoplastic ankle and foot section to your KAFO, you will need to wear a lace-up or Velcro closure shoe that has enough room for both your foot and the brace to fit comfortably.

Wear a cotton sock between your skin and the brace. The sock should be long enough to cover your entire calf. The sock will absorb perspiration and help protect your skin.

When you first try to walk with your brace, you may feel awkward. Practice in your home or with a physical therapist before you walk outside.

Begin wearing your brace for one hour at a time, then take it off and rest your leg. Alternate wearing the brace and resting your leg for the first few days. Slowly increase your wearing time over the next several days.

Individuals that do not have the ability to feel pain or pressure should check their entire leg and foot area carefully for red pressure areas after the KAFO is removed. *Any reddened area that does not fade after 20 minutes should be watched carefully. Call your Orthotist if you have any concerns.*

Do not become discouraged if you feel an adjustment is needed. A minor adjustment might be needed to ensure a good fit. Call your Orthotist to discuss this.

## How To Care For Your Knee Ankle Foot Orthosis (KAFO)

Clean the thermoplastic sections at least once a week using mild soap, and rinse well.

Metal joints will require periodic lubrication. Ask your Orthotist what type of lubricant to use.

## Important Notes About Your Knee Ankle Foot Orthosis (KAFO)

A KAFO is a very specialized device. It is VERY important to keep all follow-up appointments made by your Orthotist. Schedule an appointment if any unexpected problems occur.

## SPECIAL INSTRUCTIONS

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