



Fixing Feet Institute  
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## **BREAK-IN INSTRUCTION FOR NEW AFO ( Ankle-Foot Orthosis)**

Congratulations on receiving your new AFO. This have been selected to provide you with optimum comfort and protection. In order to receive the greatest benefit from this AFO, please follow these suggested guidelines.

### **Getting used to your AFO**

People with a loss of sensation to their feet tend not to react to pressure whereas those with normal sensation will alter their walking or change their shoes in response to the same conditions. People with some feeling in their feet but not all, may have a false send of security as to how much risk their feet actually are. An ulcer under the foot can develop in a couple of hours even if the AFO is expertly fitted or custom made. In order to best avoid any irritation, please adhere to the following break-in schedule:

FIRST DAY	One Hour - Check after wearing by removing your AFO, shoes and socks and looking at your feet.
SECOND DAY	Two Hours – Check each hour by removing your AFO, shoes and socks and looking at your feet.
THIRD DAY	Three Hours - Check after two hours by removing your AFO, shoes and socks and looking at your feet.
FOURTH DAY	Four Hours - Check after three hours by removing your AFO, shoes and socks and looking at your feet.
FIFTH DAY	Five Hours - Check after three hours by removing your AFO, shoes and socks and looking at your feet.

Continue break-in period, adding an additional hour each day, until you are wearing it full-time. Continue to check after three hours of wear each day by removing your AFO, shoes and socks and looking for any redness or irritation.

IF AT ANY TIME YOU SEE RED SPOTS OR DARKNESS ON THE TOES OR OTHER BONY AREAS WHILE BREAKING IN YOUR AFO – DISCONTINUE WEARING THE AFO AND NOTIFY OUR OFFICE AT 623-584-5556 FOR AN ADJUSTMENT APPOINTMENT.

Please keep scheduled follow-up appointments so that we can evaluate your progress and assure your satisfaction.

Even following an uneventful break-in period, problems can occur as a result of excessive wear, objects that fall into the shoe or wrinkles in the socks.

BE SURE TO INSPECT YOUR FEET EVERYDAY.

### **Follow-Up**

A key to ulcer prevention is regular evaluation of your feet. Every two-three months you should be evaluated in our office. It is critical that your AFO & shoes remain in good repair and fit properly, even if your feet do not change in size.

### **Return Policy**

AFO's may be returned within two weeks of dispensing as long as it is in good condition, i.e. no scuffmarks, outside dirt or obvious wear.

We are confident that you will find your new AFO both comfortable and effective. Any problems or questions, please call our office at 623-584-5556.