

AFO General Use and Care Instructions

Thank you for trusting Horizon Orthotic & Prosthetic Experience, Inc. with providing your orthopedic device. This device is intended to provide you with the best service and care possible. To insure quality and to avoid any potential problems when using your device, please follow the daily wearing instructions listed below.

1. Inspect your skin daily while using this device. If you have edema in you lower limbs, it is not uncommon for the orthosis to leave a line in the skin. The purpose of the orthosis is to control motion and, as a result, it must push in certain directions. You will want to pay attention to red marks in the skin, particularly around any bony areas. If you notice any redness or other skin irritation that does not go away within 20 to 30 minutes after removing the device, you should contact our office to schedule an appointment to address this situation. If you are unable to adequately inspect your own skin, you should seek assistance from a family member or other caregiver.
2. We recommend a conservative wearing schedule as you begin to get accustomed to the AFO. Start with 3x/day and up to 1 hour each time. You can increase this time each day by an ½ hour (if tolerated) with the plan to wear the orthosis whenever you are wearing your shoes.
3. This device should be cleaned daily. With plastics you may wipe them with a damp cloth, using a mild soap as necessary to clean soiled areas. If you use soap, be sure to rinse the device thoroughly as residue may cause skin irritation. If your device came with specific manufacturer's instructions, please follow them closely.
4. Please make sure that you fully understand any and all cleaning techniques for each part of your device. Your practitioner will be happy to assist you in understanding any special cleaning procedures.
5. Inspect your device daily for any unusual wear, rough areas, cracks, tears or other damage. These may be a sign of excessive wear or may indicate potential failure of the device, causing an unsafe situation. If any problems are noted, you should contact our office immediately and stop using the device if you feel there is any chance it is unsafe.
6. Any unusual noises (clicking, cracking, squeaking, etc.) may be an indication of potential problems or unsafe conditions of your device. If you notice any unusual noises, you should contact our office immediately to have the device inspected by our professional staff. You may be asked to stop using the device until it can pass inspection.
7. We are here to insure that your orthotic or prosthetic device is fitting and functioning properly for you.

If you have any questions or concerns, please contact us at (877) 315-6118.