

## Trulife Carbon AFO

### Instructions for wear



When wearing this brace **DO NOT**:

- Wear very low or high heels.
- Run. This brace is designed for walking.
- Continuously squat. This might cause the brace to break.
- Climb Ladders
- Walk with shoe on
- Make long strides
- Wear boots
- Try to alter the brace by heating

When wearing the brace **DO**:

- Place the foot plate of the brace under the shoe insert inside your shoe.
- When climbing stairs, ensure the **whole** foot is placed on the step.
- Use both straps to achieve optimal performance.
- Wear knee length socks
- Wash the removable liner regularly.
- Check your lower limb daily for signs of pressure, skin irritation or abrasion. **Report any concerns to your practitioner.**