

Pediatric AFOs (Ankle Foot Orthotic)

Your orthotist will show you how to put on and remove the braces at the time of delivery. The braces are labeled with “R” for right and “L” for left.

The braces should **always** be worn with shoes and socks.

Your child should wear the braces an hour a day at the beginning. Increase wearing time gradually by adding an hour a day.

Inspect your child’s skin for irritation or redness. If the redness does not disappear within an hour after removing braces adjustments might be necessary. Please call your orthotist to make an appointment for adjustments.

Shoes

Do not wear the braces with slippers, sandals, or loafers.

Lace up sneakers or Velcro straps with a wide, round toe box with a removable insole are recommended to wear with the braces. The insole can be taken out to increase the volume available for the braces.

Choose the smallest shoe that fits the brace, if the shoe slides into too easily, the shoe may be too big. Smaller shoes will reduce the tendency for wearer to trip over the shoes.

Socks

A cotton blend tube sock that fits well and does not bunch up or wrinkle and is seamless is recommended to wear with braces.

Cleaning braces

Clean the braces with a sponge or soft brush with mild soap or warm water. Towel dry, then allow a few hours for drying. DO NOT heat dry.

Store braces out of extreme heat or cold. In cold temperatures may become brittle and break.

When is it time for new braces?

Signs that your child has outgrown there braces:

- You notice pinching over the top of the foot.
- Any of the edges begin to dig or apply excessive pressure to any part of the foot
- Your child shoe size has increased by 1 ½ sizes.