



Completing the Serial Casting Program

CONGRATULATIONS! Your child has almost made it through the first part of the serial casting program. Molds have been taken to make day AFOs (ankle-foot-orthoses) and night AFOs. The day AFOs will help your child learn to use the new motion attained with casting for standing and/or walking and will provide stability. The night braces are designed to hold your child's foot and ankle in the full corrected position.

When you return to have the final casts removed please remember to bring:

1. SOCKS – We recommend long cotton socks. Avoid ankle socks.
2. SHOES – We recommend flat bottom gym shoes (2-3 sizes larger than your child's foot measures). Most children need a WIDE shoe to accommodate their braces. Recommended name brands include: New Balance, Sketchers, Stride Rite, Reebok, Adidas, BILLY's and Supra shoes. Avoid Velcro or zipper closures. The photos below illustrate examples of shoes that have worked well in the past.

Flat bottom shoes for AFO's

"Skater" style shoes are usually flat.



DC Kids
Pure



See Kai
Run



Tony Hawk
High Tops



Plae Shoes



BILLY's
Shoes



Supra Shoes

Fitting your braces can be time consuming. Often modifications need to be made to the braces and/or the shoes to ensure that everything is fitting well.

The casting is only the first part of the program. In order to maintain the improved motion and mobility pattern it is imperative that your child wear the prescribed braces at all times for a minimum of one year. Your physician, physical therapist and orthotist will work together to gradually wean your child from the day braces when appropriate. Many children will need to continue to wear night splints during growth.



CARE OF BRACES:

Please wash the plastic section of the AFOs with warm, soapy water or rubbing alcohol daily. It is recommended that you take the AFOs out of your child's shoes at the end of the day to air them out and prevent bacterial growth.

PLEASE SCHEDULE FOLLOW-UP APPOINTMENTS ON THE FOLLOWING DATES:

Date of final cast removal: _____

First Follow-up appointment: _____

At the follow-up appointments we will measure your child's range of motion and strength, and home exercise programs will be reviewed and updated. Also, please remember to bring both the day and night AFOs to your appointments so they can be evaluated for appropriate fit and function.

If your child is having any trouble with the braces, please call and come in for a separate brace adjustment appointment. Children can lose range of motion with as little as one week out of the AFOs. The number to make appointments is 312-227-6210.

**We look forward to working with you and your child in
the next phase of the serial casting program!**

- The Lurie Serial Casting Team