



Ponseti AFO

Use and Care Instructions

HOW THE BRACE IS WORN

The clubfoot brace should be worn with thin cotton socks. Thicker socks make it easier to slip out of the brace. If your child pulls out of the brace easily, try wearing the brace without socks. It is recommended to put the AFOs on first and then connect them to the bar. Bend the knee when applying the AFO to ensure the heel is down. You can check by looking through the circular opening on the side of the AFO. Fasten the ankle strap so that is snug. Your child's toes should be visible near the edge of the footplate. Do not use any lotions, powders, or creams on the foot. These products can make the foot slide around in the brace and cause a blister.

ADJUSTING TO A NEW BRACE

Children may require some time to adjust to the new brace. During the first week of brace wear, check your child's feet during diaper changes to look for red spots or skin irritation. If you notice skin changes, let your doctor or orthotist know. Check your child's feet frequently to make sure they have not slipped, and that the heel is secure at the bottom of the AFO. If your child is unusually fussy in their brace after the first week of treatment or pulls one or both feet out the brace frequently, notify your orthotist. They can provide tips or make necessary adjustments to the braces as needed.

FOLLOW-UP

Regular follow-ups with your orthotist are important to ensure a proper fit is maintained as your child grows. If any part of the AFOs needs adjustment or repair, please call to schedule an appointment at (312) 227-6210 and specify which location you prefer to be seen at.