



Orthotic & Prosthetic

SPECIALTIES INC.

NIGHT SPLINT AFO

USE AND CARE INSTRUCTIONS

A Night Splint AFO (Ankle Foot Orthosis) is a plastic brace designed to position the foot and ankle in dorsiflexion (ankle angled upward) when you sleep. The purpose of the Night Splint is to provide a continuous passive stretch to the muscles in the back of your calf and bottom of your foot.

HOW TO USE YOUR NIGHT SPLINT AFO

- We recommend that you wear a cotton sock between your skin and the Night Splint AFO. The sock will absorb perspiration and help protect your skin. It will also help to keep the AFO cleaner. You may prefer a long sock.
- Putting on your AFO: position the AFO on your foot and leg being sure your heel is back and down as far as possible. Fasten the strap(s) at the ankle first and then the calf. The straps should be snug.
- This AFO is designed to allow limited walking in your home. You may feel awkward when you walk in it because of the angle at your ankle. Use care in walking with the AFO.
- You may need to break into using your Night Splint AFO if you experience pain or soreness in your calf muscles or foot. If you need to break into use, begin wearing the AFO in the evening during times you can be off your feet for 1 to 2 hours. Also, if the AFO is causing you not to fall asleep or wakes you at night, take it off and try again the next night. Most people are able to wear the AFO through the night soon after beginning to use it.
- It is VERY important to check your foot and ankle areas for any red pressure areas. Any reddened area that does not fade after 20 minutes should be carefully monitored. If this persists with the next 2-3 wearing times or if you believe you will develop a sore contact your orthotist. This is especially important if you have diabetes or poor sensation in your feet. If you have problems with edema (swelling) remove the brace and elevate your leg until the edema subsides. If the problem continues or if your foot/leg becomes painful contact your physician.
- It is important to keep your skin clean. Skin should be washed daily with soap and water (unless you are required to use another cleansing system). Be sure to rinse all soap off of your skin. This is a good time to examine your skin for indications of excess pressure or rubbing.
- Do not become discouraged if you feel an adjustment is needed. This is not unusual. A minor adjustment might be needed to ensure a good fit. Call your orthotist to discuss this.

HOW TO CARE FOR YOUR NIGHT SPLINT AFO

- Clean the liner of the AFO once a week using mild soap and rinse very well. The liner can be removed from the plastic shell to do this. It should be line dried during the day.

IMPORTANT NOTES ABOUT YOUR LEATHER AFO/SMO

- A Night Splint AFO is a specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any unexpected problems occur.