



Orthotic & Prosthetic

SPECIALTIES INC.

MOLDED LEATHER AFO/SMO USE AND CARE INSTRUCTIONS

A Molded Leather AFO (Ankle Foot Orthosis) or SMO (Supramalleolar Orthosis) is a custom molded brace designed to stabilize weak muscles, immobilize painful joints, or correct the position of the foot and ankle.

HOW TO USE YOUR MOLDED LEATHER AFO/SMO

- Wear with a lace-up or velcro closing shoe that has enough room for both your foot and the brace to fit comfortably. Pay attention to the heel height; this will affect both the alignment and the way you walk. The heel height should be the same for all of your shoes you wear with the brace.
- Wear cotton sock between your skin and the leather AFO/SMO. The sock will absorb perspiration and help protect your skin. You may prefer a long sock that you can fold back over the top of the brace.
- Putting on your Leather AFO/SMO: slide the brace over your foot and leg being sure that your heel is all the way down and back inside the brace, fasten the laces and/or velcro straps snugly. A brace that is worn too loose will slip on your foot and not provide the needed support. Then put your shoe on over your foot and brace and fasten securely. Use of a shoe horn may make putting your shoe on easier.
- When you first try to walk with your brace, you may feel awkward. Practice in your home or with a physical therapist before you walk outside.
- Begin wearing your Leather AFO/SMO for approximately one hour at a time, then take it off and rest your leg. Alternate wearing the brace and resting for the first few days. Slowly increase your wearing time each over the next several days.
- 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 LEATHER AFO/SMO

- The Leather AFO/SMO needs to be cleaned regularly. Use a mixture of ½ water and ½ alcohol and a clean white cotton towel. Let the brace air dry; do not use any type of heat to dry your brace. Examine your brace for signs of wear. Contact your orthotist if you find any worn, cracked or broken parts on it.

IMPORTANT NOTES ABOUT YOUR LEATHER AFO/SMO

- A Leather AFO/SMO is a very 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.