

## Putting on your child's ankle foot orthoses

These pictures show how to put your child's ankle/foot orthoses (AFO) on properly. Give a copy of this guide to all your child's caregivers - at home, daycare and school.



### Step 1 – Get the leg ready

- Put on a knee-high, plain cotton sock. Smooth out any wrinkles.
- Bend the hip and knee. Never put the AFO on a straight leg.
- Stretch the ankle muscle by pulling down on the heel and pushing up at the toes.



### Step 2 – Place foot in AFO

- With one hand, keep the knee and ankle bent at a 90 degree angle.
- With the other hand, hold the AFO with the straps open.
- Start with the heel firmly touching the toe plate of the AFO.
- Slide the heel all the way down and back into the AFO



### Step 3 – Fasten the straps

- Keep the heel firmly in the AFO with your thumb.
- Thread the ankle strap through the loop and fasten it.
- Fasten the top strap.
- Pull the sock out from under the ankle strap to take out any wrinkles.



### Step 4 - Stop and check!

- The sock has no wrinkles.
- The straps are done up to the proper tightness.  
(Ask your Orthotist to mark the proper strap tightness).
- There is no space behind the heel.
- The tips of the toes are just inside the edge of the toe plate.

**The AFO must pass all these checks to be comfortable and prevent skin pressure problems.** If the AFO 'fails' any of these checks, take it off and start again at Step 1.

