

## **Break In Process, Care and Maintenance of Your Knee Ankle Foot Orthosis (KAFO)**

**North Metro Orthotics and Prosthetics does not recommend driving while wearing the KAFO unless the brace is designed to allow full downward and upward motion (plantarflexion and dorsiflexion) of the foot and ankle.**

### **Putting on your KAFO**

This applies to custom and off the shelf (OTS) KAFO.

It is recommended that a thin undersleeve, such as tubing sock, is worn on the leg that is using the brace to act as a barrier between the brace and the skin. This will minimize the chances of excessive pressure area, skin irritation, and skin break down.

#### **Method 1**

- Place your leg and foot into the KAFO with the heel properly sitting in the heel cup.
- Properly secure all the straps by tightening the Velcro and or laces of the KAFO. The tightening order can be done from the thigh to the foot or vice versa. All straps should be properly secure and snug. So not overtighten the straps, it may cause discomfort and injuries.
- Place your foot and KAFO into the shoe. If need, use a shoe horn to help guide the heel into the shoe.

- After ensuring that your foot and leg is properly in the brace and shoe, secure the shoes properly by tightening the laces, Velcro or however the shoe was designed to be tighten.

#### **Method 2**

- Position or put the KAFO into the shoe.
- Put your foot and leg into the KAFO and shoe making sure your heel is properly in the heel cup of the KAFO, your calf and thigh are flush with the inside of the brace and all skin contact areas are free from brace pinching and metal poking into the skin.
- Properly secure your leg into the KAFO by tightening all the laces or Velcro straps.

### **Wearing your KAFO**

- There is a break in period to allow your leg to adjust to the KAFO. On the first day, do not wear the KAFO for more than 2 hours.
- With each day, increase the wear time by 1 hour and rest (without wearing the KAFO) for 30 minutes. Special instructions will be given should the wearing time differ from this standard.

Increase your wearing time by one hour each day unless we tell you otherwise.

- Continue this rotation until the brace can be worn for the entire day.
- After each wear time, inspect the areas of the leg where the brace came into contact for excessive pressure mark, redness, swelling, skin irritation and break down.
- It is normal to have pressure mark and redness, but it should disappear in 20 to 30 minutes to be normal.
- If there are any excessive pressure area, redness, swelling skin irritation, skin break down and swelling that does not go away, stop wearing the KAFO Immediately and call the office for an assessment or consultation.

### Care, and Maintenance of the KAFO

Proper care and maintenance of KAFO increase the life, maintain proper functionality and reduces bacterial build up.

- Always wear the KAFO with a shoe to prevent injuries.
- At the end of each wear, remove the KAFO from the shoe and air dry it.
- **(DO NOT WASH THE FOOT ORTHOTICS IN A WASHING MACHINE)** Clean your KAFO weekly by gently scrubbing the inside and outside of the KAFO with a soft brush or using a clean damp cloth. Mild detergent soap can be used to

clean the brace. Wipe down the excess water and soap, if any, with a dry towel or cloth and air dry the KAFO. **(DO NOT DRY THEM IN A DRYER).**

### Checking your skin

- Inspect all the skin that touches the KAFO. Look for red areas, skin irritation or swelling. Check the bottom and the sides of the foot as well.
- It is normal to have pressure mark and redness, but it should disappear within 20 to 30 minutes to be normal.
- If there are any pressure area, redness, skin irritation, skin break down and swelling that does not go away, stop wearing the KAFO and Immediately call the office for an assessment or consultation.
- Do not subject the KAFO to high temperatures such as inside a closed car on a hot sunny day near a heater or fireplace.
- Even after the break in period, continue to inspect your skin at the areas where the brace comes into contact and the KAFO for defects. If there is any signs of skin issue or brace defect, please contact the office.

## Special Instruction

---

---

---

**Please contact North Metro  
Orthotics and Prosthetics if you  
have any question on your Ankle  
Foot Orthotics.**

### **Coon Rapids Office**

*8:00am - 4:30pm M-F  
3111 - 124<sup>th</sup> Ave. NW, Suite 210  
Coon Rapids, MN 55433*

### **Fridley Office**

*8:00am – 4:30pm M-F  
890 University Ave., Suite 310  
Fridley, MN 55330*

### **Osseo Office**

*8:00am – 4:30pm Thursday and by  
appointments  
10 central Ave  
Osseo, MN 55369*

*Phone: (763) 784-6647*

*Fax: (763) 784-7747*