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## Orthotic Care and Wear Instructions

### Leather Ankle Gauntlet AFO

#### **General Description:**

The leather ankle gauntlet AFO extends from the lower third of the calf down to and including the foot. It is a custom-molded ankle-foot orthosis designed to provide support and control of the foot and ankle. The orthosis is constructed of thermoplastic and leather and is to be used with a shoe with either laces or Velcro closures.

The leather ankle gauntlet AFO is used as conservative (non-operative) management of various foot and ankle conditions. Common conditions being managed by this AFO are posterior tibial tendon dysfunction (PTTD), ankle osteoarthritis, chronic ankle pain.

#### **Application:**

1. Apply a long sock or cotton stockinette
2. Loosen the laces/Velcro closures down through the instep of the ankle.
3. Slide foot into the orthosis as if you were putting on a pair of boots.
4. Make sure heel is all the way back and fully seated in the orthosis.
5. Beginning at the midfoot, tighten the laces/Velcro to create a snug fit.
6. The shoe laces/Velcro may need to be opened wider to allow the AFO and foot to slide into the shoe. Typically shoes with Velcro closures and a wide toe box are easiest to get on over the AFO.
7. You do not need a special shoe to accommodate the orthosis. If needed, remove the insole from your shoe to create additional room for the AFO. You may need a shoe that is a size larger or a size wider.

#### **Wearing Schedule:**

**Day One:** Brace should be worn for 1 to 2 hours twice a day. Check skin after use. Some small, light red marks may be noticed on the skin that should go away in 20 to 30 minutes after removing the brace. If redness is present and does not go away after 20 to 30 minutes or if you notice any scratching, bruising, or blistering, **do not put the brace back on**. Call immediately to schedule an appointment with your orthotist.

**Day Two:** Brace should be worn for 2 to 3 hours twice a day. Check skin after use. Some small, light red marks may be noticed on the skin that should go away in 20 to 30 minutes after removing the brace. If redness is present and does not go away after 20 to 30 minutes or if you



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**Day Three:** Brace should be worn for 3 to 4 hours twice a day. Check skin after use. Some small, light red marks may be noticed on the skin that should go away in 20 to 30 minutes after removing the brace. If redness is present and does not go away after 20 to 30 minutes or if you notice any scratching, bruising, or blistering, **do not put the brace back on**. Call immediately to schedule an appointment with your orthotist.

### **Cleaning and Maintenance:**

The best way to clean the orthosis is with a damp cloth. **Do not** submerge the orthosis in water! If the orthosis becomes wet, let it dry thoroughly before putting it back on.

### **Risks and Benefits:**

#### BENEFITS

- Stabilizes the ankle and foot
- Reduces ankle and foot pain

#### RISKS

- May cause skin breakdown such as scratching, bruising, or blistering, which can cause serious complications if skin is not checked regularly or if device is not applied as directed.

### **Tips and Problem Solving:**

Always make sure the heel is completely seated and the laces/Velcro are snug. This will ensure that the foot-ankle do not move within the orthosis.

Be cautious about using the orthosis in shoes with different heel heights.

If you are having trouble putting your foot in the orthosis or the orthosis in the shoe, try applying a small amount of baby powder to reduce the friction.

If you the orthosis “squeaks” in the shoe, apply a small amount of baby powder to the outside of the orthosis or to the inside of the shoe.

If you notice any red marks, scratching, blistering, or bruising remove the orthosis immediately and call your Orthotist.

**If there are any problems or concerns please consult your Orthotist.**