



## About your ankle foot orthosis (AFO)

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### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

An ankle foot orthosis is a moulded plastic splint to stabilize the foot and ankle. You may be given a pre-moulded splint or, if this is unsuitable, the orthotist will take a cast to have one specially made for you.

There are many different types of AFO. If you are suffering from a dropped foot, some will purely lift your foot. Other kinds will be closely moulded to lift the foot and stabilize it from side to side.

Different foot lengths are available, some finishing behind the ball of the foot whilst others have a full foot to the toe-end. The orthotist will decide which is best for your condition.

Where possible, it is best to wear a shoe with a fastening, as this will hold your foot onto the AFO. The best type of fastening is a lace as this is the most secure. Try to get a shoe either a trainer or similar will do this. It is best to buy your shoes once you have the AFO as it will affect their fit.

1. For comfort, wear a cotton sock underneath the AFO. The AFO is calf-length, so wear a sock that is the same length as the splint if possible.
2. Ensure your heel is well into the heel seat of the AFO.

If you are fitting the splint onto a child, it is best that you hold the front of the foot with one hand and the back of the AFO, with the other whilst sliding the foot into the splint. The orthotist will show you how to do this.

3. There will be a calf strap; this should be done up so it is comfortable.



## **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## **Have your say**

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

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