



# About your hinged ankle foot orthosis (HAFO)

Surgical Appliance Department  
Tel: 01271 322492

## 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).

## What is a hinged ankle foot orthosis?

The hinged ankle foot orthosis (H.A.F.O) is a moulded plastic splint to stabilize the foot and ankle. It may allow full up and down movement of the foot, or it may have a system that will restrict the amount of ankle movement. The orthotist will have taken a cast to have one specially made for you and will design the splint to satisfy your clinical needs.

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

## What is the best type of shoe to wear?

Where possible it is best to wear a shoe with a fastening, as this will hold your foot onto the H.A.F.O. The best type of fastening is a lace as this is the most secure. Try to get a shoe that comes well up the instep, either a trainer or similar will do this.

It is best to buy your shoes *after* you have the H.A.F.O, as it will affect the fit of your shoes.

Do not wear boots, as this will restrict the amount of movement in the ankle joints.

## How do I fit the H.A.F.O?

It is important that the H.A.F.O is fitted as instructed by the orthotist or the physiotherapist.

1. For comfort wear a cotton sock underneath the H.A.F.O. If possible use a sock that is the same length up the leg as the splint.
2. Ensure your heel is well into the heel seat of the H.A.F.O
3. 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 H.A.F.O with the other hand, whilst sliding the foot into the splint. The orthotist will show you how to do this.

#### 4. Do the calf strap up

