



Ankle Foot Orthosis Initial Wear Schedule

Your doctor has prescribed an AFO to address a foot and ankle issue. Because the AFO is made of a rigid material, it is important to get used to it gradually. Use the AFO as recommended by your doctor or therapist, and keep all of your follow up appointments at this office.

Day 1 - Wear 1 hour on, 1 hour off, up to 3 times a day.

Day 2 - Wear 2 hours on, 1 hour off, up to 3 times a day.

Day 3 - Wear 3 hours on, 1 hour off, up to 2 times a day.

Day 4 - Wear 4 hours on, 1 hour off, up to 2 times a day.

At this point, move up to full time during the day. Inspect skin after taking the AFO off. Redness needs to go away after 30 minutes of removing the AFO. Wearing a long cotton sock protects your skin and shin from friction.

If you change shoes, be aware that you might walk a little differently. Try to stay with the same height of heel as the shoe you were fitted in.

If any issues arise, please call or email us. Photos can be helpful if you are trying to decide if redness is normal or excessive.

Call our office for any issues or follow up at 803-980-5080.