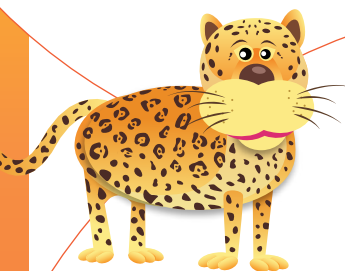


Pediatric Wear & Care Guide

What to Expect

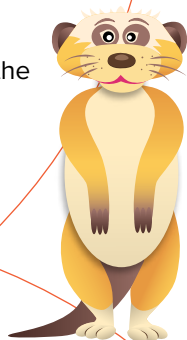
Hanger Pediatric AFO's are designed by your practitioner to address your child's specific rehabilitation goals. They will provide a foundation to develop new skills. Your child may experience some fatigue and balance adjustments as he or she adapt to the orthosis and learns to "Master the Catwalk." Physical therapy often complements rehabilitation goals and can support the adaptation process.



Putting on the AFO

AFO's are designed to be worn with shoes.

The properties have many benefits, but the plastic is very slippery. Shoes provide secure footing and also assist in correct foot placement within the brace. Always wear footwear with the device when standing or walking.



1. Always place the **HEEL** in first. This assures comfort and foot control.
2. Place the pad between the foot and plastic.*
3. Secure straps:
 - a. The **ANKLE STRAP** must be secured first and should be snug. Ask your practitioner to mark this for a reference.
 - b. Next, the forefoot and calf strap should be secured snugly.
4. If the toes move back on the foot plate, the heel may be rising in the orthosis. You will need to start over and properly seat the heel.

*The plastic is flexible and will not break when you open the orthosis up to place your child's foot inside.

Wearing Schedule

Your clinician will personalize break in and care maintenance schedule. In general, it is recommended to begin wear for one hour each day, gradually increasing wear over two weeks — inspect the skin each time the brace is removed. Call your clinician if there is redness that does not go away within 20 minutes after removing the AFO. Redness that lasts longer than 20 minutes can result in a blister or skin irritation. Children grow, AFO's do not. Regular follow-up appointments are important.





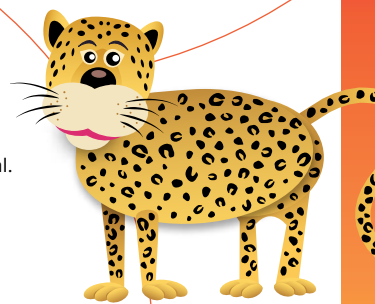
Maintenance Care

AFO's are designed with kids in mind. They are made with plastics and pads that are easy to clean.

- We recommend daily cleaning with warm water, mild soap rinse and dry.
- Plastics and pads will not absorb water but the straps will need time to dry.
- Inspect regularly. If there are any noticeable signs of wear, contact your clinician.
- AFO's do NOT like extreme temperatures. They can become brittle in extreme cold and can deform in extreme heat.

When to Take Action — Discontinue Wear & Call Your Clinician

- Sudden onset of discomfort or pain, especially after the child has been wearing AFO's comfortably for a period of time.
- Redness that doesn't go away within 20 minutes after removal.
- Visual signs of callusing or blistering from wear.
- Visual damage of device.
- Skin rash where the orthosis contacts the child.



Final Thoughts

Pediatric AFO's are designed by your clinician to help influence your child's specific rehabilitation goals. While rehabilitation is hard work, AFO's are meant to help your child progress while encouraging fun as your child "Masters the Catwalk." Contact your clinician with any questions or concerns you might have.

Clinician Contact Information

