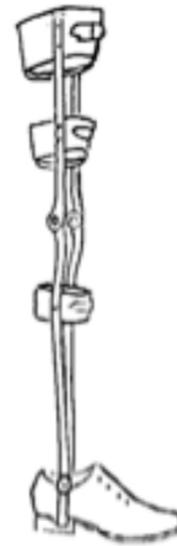


Knee Ankle Foot Orthosis (KAFO)

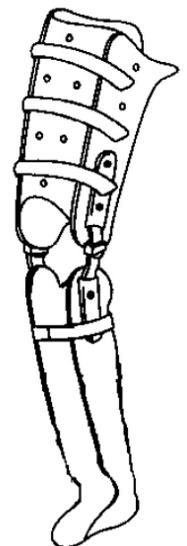
Care and Use Instructions

METAL KAFO

1. This orthosis is designed to meet your specific needs to control your knee, ankle, and foot. Some joints may be locked and other may or may not, but the orthosis still has some control over the joint that it crosses. The types of joints were specifically chosen for your individual condition in consultation with your physician and therapist.
2. Apply a long sock which extends at least to the top of the orthosis. This acts as a barrier between the skin and the orthosis and also helps absorb perspiration.
3. When putting on the KAFO in a seated position, carefully sit on the edge of the seat to allow the thigh section to slide under your thigh but over the seat. Be careful that the chair is not acting to push the orthosis off.
4. Make sure that your foot is firmly seated in the shoe or heel cup.
5. If you have two orthoses, you can tell the right from the left by several methods:
 - Check the arches of the feet.
 - The orthoses are higher on the outside of the leg
 - Mark L or R on the bottom of the orthosis



Metal KAFO



Plastic KAFO

WEARING GUIDELINES & PRECAUTIONS

1. As with all orthoses, you should have a break in period. Gradually increase wearing time as tolerated (1/2 hour periods, 1 hour periods, 2 hours, 4 hours, all day). Your orthotist will recommend a prescribed wearing schedule.
2. Whenever the orthosis and sock are removed, check all the skin (including the bottom and sides of your foot) thoroughly for any redness, blistering and other signs of irritation.
3. After the “break-in” period, you should inspect your skin at the end of each day. Any redness should go away within about twenty minutes. You will need to get used to the new forces placed on your legs which result from wearing the orthosis. If you do have a problem you can catch it early by. Discontinue usage and call your orthotist if you notice any:
 - Unusual swelling
 - Pain or other change in feeling or function of the leg, ankle or foot.
 - Pressure areas (red spots that don't go away in 20-30 minutes).
 - Broken or missing parts

MAINTENANCE

1. A metal and leather orthosis may be cleaned with mild soap and water. To clean the leather you may use saddle soap and water.
2. To clean a plastic orthosis use just plain soap and water.
3. Do not expose your orthosis to open flames or too high-temperature environments (i.e. don't leave it in a closed care on a hot, sunny day).
4. Usually the knee joints do not need lubrication. If you think they do, use a dry spray lubricant, such as silicone.
5. If you have any questions do not hesitate to call your orthotist.

NOTE: Weight gain or loss may possibly change the design and manufacture of the orthosis/prosthesis delivered. Please contact the practitioner if this occurs to prevent potential injury



855.5BECKER

PatientCare.BeckerOrthopedic.com

Berkley
28801 Woodward Ave.
Berkley, MI 48072
P 248.399.0030
F 248.399.0031

Detroit
In Henry Ford Hospital
2799 W. Grand Blvd.
Suite E-1225
Detroit, MI 48202
P 313.916.2201
F 313.916.9491

Grand Blanc
Genesys O&P
2598 Genesys Parkway
Grand Blanc, MI 48439
P 810.606.6570
F 810.606.6571

Waterford
4800 Highland Rd.
Suite 1
Waterford, MI 48328
P 248.674.9600
F 248.674.9603