

ANKLE FOOT ORTHOSIS / FOOT DROP SPLINT

Model No: 58-320

Sizes: Small - Large

Color: White

INDICATIONS:

- Foot Drop
- Weak Muscles
- Peripheral Neuropathic Disorders
- Post Surgical Achilles Tendon Repair

SIZING:

Measure according to US shoe size. Specify Right or Left.

Size	Men's Shoe	Women's Shoe
Small	3 - 6	5 - 8
Medium	6 - 9	8 - 11
Large	9 - 11+	—

Indicated to correct foot drop during ambulation in patients with neurological deficit. Made of durable and resilient polypropylene. Fits into standard shoe. Can be easily trimmed or molded with heat. Forms at 250°-375°F. Adjustable calf band with padding and adjustable closure.

HOW TO APPLY:

The AFO/Foot Drop Splint must be worn with a sock and supportive shoe. Place the AFO inside shoe. Slip foot into shoe with AFO underneath the foot. The top, calf portion of the AFO should rest at mid-calf. Secure hook and loop strap.

Remove orthosis periodically to check skin for areas of redness or irritation. Notify your physician if areas of redness do not go away after 20 minutes, or if discomfort is experienced. This product should only be modified by a qualified medical professional.



CARE INSTRUCTIONS:

Wipe plastic down with a damp cloth. Allow to completely dry before reapplying.

MODIFICATION INSTRUCTIONS:

ADJUSTING CALF CLOSURE HEIGHT AND PREPARING CALF CLOSURE: The calf closure on this AFO should rest at mid-calf. The height of the calf closure is adjustable and excess material above the calf closure may be trimmed away as necessary.

1. Place patient's foot in the AFO. Note the necessary calf closure height.
2. Remove orthosis.
3. Use a flathead screwdriver to remove the two center screws, rivets and washers from back.
4. Move calf closure down to desired notch. Reinsert washers and rivets through holes in back of AFO. Insert screws through front and tighten.
5. Trim excess material above the calf closure using a pair of cast scissors.
6. Smooth any rough edges with sand paper or rotary/disc sander.
7. Remove adhesive from foam padding. Place foam padding against interior portion of plastic calf closure and press firmly to secure.

TRIMMING FOOT PORTION:

With the patient in the orthosis, mark desired trim line. Remove orthosis. Using a pair of cast scissors, cut along the trim line. Smooth any rough edges with sand paper or rotary/disc sander.

MODIFICATIONS / HEATING:

1. The polypropylene material requires temperatures between 250-375° F before forming can take place.
2. Mark area requiring modification.
3. Apply heat source to desired area until surface becomes shiny, clear and pliable.
4. Remove heat source.
5. Alter shape of orthosis as desired.
6. Place heated/altered area under cool water to set.
7. After completely cooled, verify fit.
8. Repeat process as necessary until desired shape is achieved.

IMPORTANT: NEVER heat the orthosis while the patient is wearing it. To prevent thinning of the polypropylene, do not overheat or overstretch the material while modifying.



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