

# Knee Ankle Foot Orthosis

## K A F O

### Care and Use Instructions

1. This orthosis is designed 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 a consultation with your physician and therapist.
2. When donning 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 brace off.
3. Make sure that your foot is firmly seated in the shoe or heel cup.
4. A metal and leather orthosis may need saddle soap to clean the leather. A plastic one may just require soap and water to clean the orthosis.
5. Usually the knee joints do not need lubrication. If you think they do, use a dry spray lubricant, i.e. silicone.
6. If you have two orthoses, you can tell the right from the left by several methods:
  - a. check the arches of the feet
  - b. the straps usually pull outward to close
  - c. the braces are higher on the outside of the leg.
7. As with all orthoses, you should have a break in period. You will need to get used to the new forces placed on your legs and if you do have a problem you can catch it when it is small.
8. If you have any questions do not hesitate to call Morgantown O & P Center at 1 (800) 598-6672.

