

What if I gain or lose weight?

Small changes in your weight should not impact the function of the AFO, however if this makes the AFO less effective or more uncomfortable you should contact the Orthotics service for re-assessment.

Can I drive with it?

To drive with an AFO, you must tell your insurer and tell them to make this part of your insurance agreement, otherwise your insurance may be invalid or void in a claim.

You may prefer to remove the AFO to drive and fit this when you get to your destination.

How do I clean it?



You can wipe the plastic shell with a damp cloth and warm soapy water.

Any padding or straps will wear over time, and you

can contact the Orthotics Department for a Waiting Repair at Gartnavel General Hospital.(Use your phone to scan QR code for video on repairs)

Further Information

For further information please go to:



<https://www.nhs.uk/healthcare/hospitals-services/services-a-to-z/orthotics/>

How to Contact Us

Call the GGC Referral Management Appointment Booking Centre on:

0800 592 087

Or email:

@appointmentsbookingcentre@ggc.scot.nhs.uk

This number should be used for all enquiries from the following clinics:

Gartnavel General Hospital

Glasgow Royal Infirmary

Queen Elizabeth University Hospital

New Stobhill Hospital _

New Victoria Hospital _

Vale of Leven Hospital

Royal Alexandra Hospital

Inverclyde Royal Hospital

Renfrew Health and Social Care Centre



Frequently Asked Questions (FAQs) about

Ankle Foot Orthosis (AFO)



Department of Orthotics:

0800 592 087



What does my Ankle Foot Orthosis do (AFO)?

An AFO is designed to control the forces affecting your foot and ankle when you weight-bear. There are many different designs of AFO that focus on different issues you may have during walking. You can ask your Orthotist how your AFO will help you.

How do I put it on?



Position your heel securely in the back of the AFO and fasten the ankle strap firmly if your AFO has this. You can then fasten the

top strap and put your shoe on. Some people find it easier to put the splint into the shoe first and then push your foot into this before doing straps. (Use your phone to scan the QR code for video of this)

Should I wear socks?

You should always wear a sock with the AFO to protect your skin and reduce moisture when wearing it. We advise a long knee length cotton sock as the most effective and comfortable option when using an AFO.

What shoes can I wear with it?

Finding footwear to accommodate your AFO may be challenging, however there are some general characteristics of footwear that work best:

- Wider fitting
- Opening (laces or Velcro) lower towards the toe
- Wider opening that opens like a book
- An inlay in the shoe you can remove can give more depth
- A firm sole or heel with a toe spring (curves upwards to toes)

For these reasons, a sports trainer or walking shoe are usually a good fit. You may need to go up 1 size to accommodate the thickness of the AFO.

Characteristics of shoes that make fitting an AFO more challenging include:

- Slip on styles
- Tongues stitched onto upper of shoe
- Flat or flexible soles

It is possible to fit an AFO to footwear with these features but may be more difficult to fit comfortably and may make using the AFO less effective as using more supportive footwear.

How often do I need to wear it?

The forces applied to the foot and ankle will only have an impact when you wear the AFO. There is no lasting effect from using this, it is like wearing glasses or hearing aids. You should wear your AFO any time you are walking.

Will I always need to wear an AFO?

There is no fixed time on how long you will need an AFO, it depends on your rehabilitation and medical condition. Some people wear AFOs for short periods, others need this long term.

What if it hurts or damages my leg?

You should regularly check your skin on your foot and ankle after using your AFO. Any skin indentation (marks) should be like wearing a watch and should fade after 20-30 minutes.

If the AFO begins hurting or damaging the skin, you can self-refer to the Orthotic Department to have your AFO checked.