
Tips, Tricks, and Troubleshooting



When you remove your orthoses after wearing, close velcro straps so they do not pick up lint or become tangled.



Keep your orthoses away from sources of **extreme heat or cold**.



Be mindful that **dogs love AFO's as chew toys** :)
Keep out of reach.



Do not use any harsh chemicals to clean your orthoses, this may corrode soft materials. **Use a mild soap** such as dish soap and do not submerge your orthoses in water unless otherwise instructed.



If you **experience some squeaking** in your shoe when wearing your device, put a bit of **baby powder in your shoe** first.



Wearing a tall sock with your AFO will improve your comfort, hygiene of the device, and also reduce sweating as it acts as a wick to move moisture away from your leg.



Please refrain from doing any home repairs to your orthoses.
Call our office to have any repairs completed by our staff.



If your child is of school age, **label your child's device** to reduce the chance of losing their orthosis.
