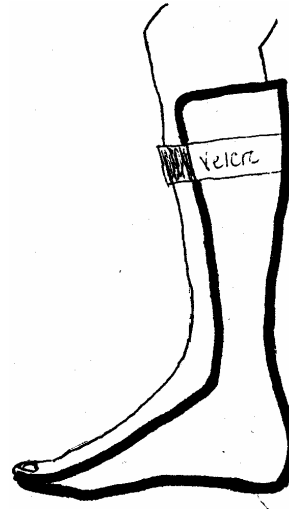


**Splint Schedule - AFO
Ankle Foot Orthosis**



On

12:00 p.m. - 4:00 p.m.
8:00 p.m. - 12:00 a. m.
4:00 a.m. - 8:00 a.m.

Off

4:00 p.m. - 8:00 p.m.
12:00 a.m. - 4:00 a.m.
8:00 a.m. - 12:00 p.m.

DOCUMENT IN MILITARY TIME

- Begin with a sock covered foot.
 - Place AFO on foot and back of calf; secure Velcro strap
- OR**
- Place AFO inside heel of tennis shoe,.
 - Place foot into shoe and tie shoe firmly (not too tight). Feel top of toes under to ensure they are not curled up in shoe.
 - Foot/shoe will be positioned such that an angle of approximately 90 is formed at ankle.

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- When orthosis is removed, check integrity of skin including any red pressure areas.
- Any areas of pressure that do not resolve within five/ten minutes should be addressed with modifications in orthosis or wearing schedule
- Contact the Physical Therapist following the patient with questions or concerns.

\_\_\_\_\_  
Therapist

(309) 655-\_\_\_\_\_  
Extension