



HOSPITALS • RESEARCH • FOUNDATION

Arkansas Children's Hospital
Department of Rehabilitation Services
Orthotic and Prosthetic
501-364-1192

Instruction for KAFO (Knee Ankle Foot Orthosis)

Application

1. Before putting the KAFO (brace) on, check your skin for any red and/or sore areas.
2. Put a sock on.
3. Position the KAFO under the leg and gently slide the leg into the brace.
4. Make sure the heel is completely down in the brace.
5. Fasten all straps snugly, starting with the ankle strap, then work your way up.
6. If there is a knee cap on the KAFO, fasten it into place.
7. Put your shoes on and lace them up.
8. Stand up (lock the knee if there is a locking knee joint) and check for comfort.

Wearing

1. On the first day, wear the KAFO for one hour then remove the KAFO and check skin.
2. If there is no redness, or the redness goes away in 30 minutes, put the KAFO back on.
3. Repeat this every 2 to 3 hours on the first day.
4. On the second day, check the skin every 3 to 4 hours.
5. By the third day, if no redness, or the redness goes away within 30 minutes, check the skin at least once daily.
6. Check skin daily.
7. If redness does not go away in 30 minutes, stop wearing the KAFOs. Do not put them back on until you have talked with your Orthotist.

Care and Cleaning

1. When you have take the brace off at the end of each day, clean it using a piece of cloth and rubbing alcohol.
2. Check the brace for any wear and tear. Do this daily. If you notice that there is a problem, contact your Orthotist.
3. Do not leave any plastic brace around heat. For example: in a hot car, near a radiator, or furnace.
4. Do not try to fix, alter, or change the brace by yourself.

If you have any problems, concerns, or physical changes related to the device, please contact the ACH Orthotics and Prosthetic Department at 501-364-1192. Hours of operation are from 8 AM to 5 PM.

Problem after hours? Emergency? Go to your local emergency room.