

## Leather Ankle Gauntlet AFO

### General Description

The leather ankle gauntlet AFO extends from the lower third of the calf down to and including the foot. It is a custom-molded ankle-foot orthosis designed to provide support and control of the foot and ankle. The orthosis is constructed of thermoplastic and leather and is to be used with a shoe with either laces or Velcro closures.

The leather ankle gauntlet AFO is used as conservative (non-operative) management of various foot and ankle conditions. Common conditions being managed by this AFO are posterior tibial tendon dysfunction (PTTD), ankle osteoarthritis, chronic ankle pain.

### Application

1. Apply a long sock or cotton stockinette
2. Loosen the laces/Velcro closures down through the instep of the ankle.
3. Slide foot into the orthosis as if you were putting on a pair of boots.
4. Make sure heel is all the way back and fully seated in the orthosis.
5. Beginning at the midfoot, tighten the laces/Velcro to create a snug fit.
6. The shoe laces/Velcro may need to be opened wider to allow the AFO and foot to slide into the shoe. Typically shoes with Velcro closures and a wide toe box are easiest to get on over the AFO.
7. You do not need a special shoe to accommodate the orthosis. If needed, remove the insole from your shoe to create additional room for the AFO. You may need a shoe that is a size larger or a size wider.

### Wearing Schedule

On the first day, begin by wearing the orthosis for one (1) hour. After 1 hour, remove the orthosis and check your skin. Some slight red marks may be noticed on the skin. These should fade away within 20-30 minutes. Slight redness is common at the arch, the instep, and bony areas of the foot/ankle.

If the redness does not go away in 20-30 minutes or if you notice any scratching, blistering, or bruising **do not put the orthosis back on**. Call your Orthotist immediately and schedule an appointment.

If the skin is ok, wait at least an hour and then put the orthosis back on for 1 hour at a time for the rest of the first day.

On the second day, put the orthosis on for two (2) hours. After 2 hours, remove the orthosis and check the skin. If the skin is ok, put the orthosis back on for 2 hours at a time for the rest of the day. Check the skin every 2 hours when the orthosis is removed. If the skin is ok, gradually increase wearing time by 1 hour each day.

It should take approximately 1 week-10 days to be able to wear the orthosis all day. Continue to check the skin each time the orthosis is removed.

### **Cleaning and Maintenance**

The best way to clean the orthosis is with a damp cloth. Do not submerge the orthosis in water! If the orthosis becomes wet, let it dry thoroughly before putting it back on.

### **Tips and Problem Solving**

Always make sure the heel is completely seated and the laces/Velcro are snug. This will ensure that the foot-ankle do not move within the orthosis.

Be cautious about using the orthosis in shoes with different heel heights.

If you are having trouble putting your foot in the orthosis or the orthosis in the shoe, try applying a *small* amount of baby powder to reduce the friction.

If you the orthosis “squeaks” in the shoe, apply a small amount of baby powder to the outside of the orthosis or to the inside of the shoe.

If you notice any red marks, scratching, blistering, or bruising remove the orthosis immediately and call your Orthotist.

**If there are any problems or concerns please consult your Orthotist.**