

Inland Patient Care Centers

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Suite K
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Temecula Office
41707 Winchester Road
Suite 102
Temecula, CA 92590
Tel: 951.296.1894
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Riverside Office
4013 Brockton Avenue
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Anaheim Office
1250 N. Lakeview Avenue
Suite E
Anaheim, CA 92807
Tel: 714.693.5520
Fax: 714.693.5525

Inland Artificial Limb & Brace, Incorporated has five locations to best serve you. Our offices are located in Riverside, Temecula, Norco, Chino, and Anaheim. This allows us to service patients through out Orange County, Riverside County, and San Bernardino County without the hassle of long distance travel.

www.Inlandlimbandbrace.com

This brochure is not intended to be used as a substitute for professional medical advice.



680 Parkridge Ave
Norco, CA 92860

Return Service Requested

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Inland Artificial Limb & Brace, Inc.
Your Premier Choice for Orthotic and Prosthetic Services

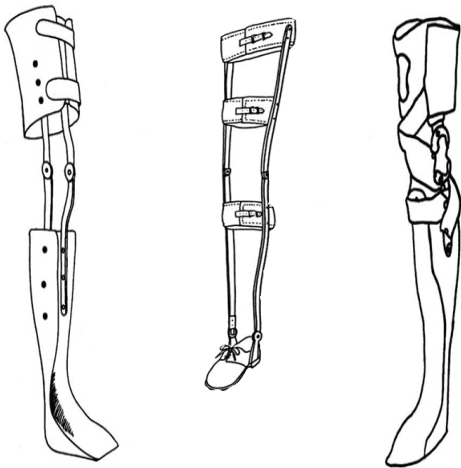
General Information

How To Guidelines

Caring Guidelines

Purpose

A Knee Ankle Foot Orthosis is a custom molded brace specifically designed for each individual patient to help support muscles, immobilize joints, or correct the position of your knee, foot, and ankle. The Knee Ankle Foot Orthosis has sometimes been referred to as "long leg brace". The Knee Ankle Foot Orthosis may be made from metal, thermoplastic or a combination of materials.



Use Your KAFO

At first, we recommend you start slowly. Wear the orthosis for approximately one hour at a time on the first day and only engage in low to moderate activities. You may feel awkward, when you first try to walk, practice in your home or with your physical therapist before you proceed to walk outside. Gradually increase the length of time wearing the brace by 1-2 hours each day for the next several days. Your activity level should also be gradually increasing. It is very important that you are consistent in wearing the orthosis everyday in order to achieve long term benefits.

Socks & Shoes

To help reduce friction as well as absorb perspiration and help protect your skin we suggest wearing a cotton sock between your skin and the orthosis. A long sock that possibly folds over the top of the orthosis would work well. To avoid perspiration in warmer weather, it is best to apply baby powder on the legs and feet before putting on the socks as well as change your socks several times a day.

The orthosis should be worn with good shoes with proper support to hold the foot in place. Your shoe should have enough room for both your foot and orthosis to fit comfortably. Shoes that have a closed back and closed toe which fit over the feet are best. Also, pay close attention to the heel height as this will affect both the alignment and the way in which you walk. Ensure that you select shoes only with low heel height. Misalignment may cause knee or back pain.

Never wear your orthosis without a shoe on as you could slip and fall. Your orthosis should be put on first then followed by your shoe.

Skin Care

It is very important to check your foot and ankle for areas of irritation. Any areas of redness should recede after 20 minutes of removal of the orthosis. Should the skin irritation not disappear contact your orthotist to discuss your concerns and schedule an appointment a small adjustment may be required.

Normal everyday washing of the legs and feet is recommended with a mild soap and warm water. Remember to towel dry the skin thoroughly. To ensure your skin will be fresh and dry in the morning we believe the best time to wash is at night before bedtime.

KAFO Care

The orthosis should be cleaned at minimum once a week and/or if it should become dirty or have a foul odor. Clean the orthosis with water and mild soap, and rinse well to avoid soap residue. DO NOT soak the orthosis in water. DO NOT use direct heat to dry Orthosis. Allow the orthosis to dry at room temperature. The metal joints will require periodic lubrication. Your orthotist will be able to inform you of which type to use.