

FACT SHEET

Ankle Foot Orthoses



Fitting your ankle foot orthosis (brace)

1. Put on a sock and make sure there are **no wrinkles**.
2. Sit down and bend your knee. Slide your foot into the brace.
3. Make sure your heel is sitting **flat and firmly against the back of the brace**. It may help to gently push straight down on your knee.
4. Fasten the straps, starting at the bottom and working your way up.
5. Make sure the **straps are snug**. This helps stop your foot from moving inside the brace.

If the straps are **too loose**, they can cause rubbing, pressure and skin irritation.

Wearing your brace

Always wear your brace with socks and shoes.

Wearing your brace without shoes:

- Reduces how well the brace works
- Increases your risk of slipping or falling
- May damage your brace.

Getting used to your brace

Follow the wearing schedule to help your body adjust to your brace:

Day	Wearing time
Day 1	1 hour
Day 2	2 hours
Day 3	4 hours
Day 4	8 hours
Day 5 onwards	Full-time

Your clinician may change this depending on your activity level or past experience with braces.

At the end of the wearing-in period, you should be able to wear your brace full-time, or as recommended by your clinician.

Note: During the wearing-in period, it is common to notice changes in your balance, feel more tired than usual, have sore muscles, or feel irritable.

Caring for your skin

- Check your skin every time you remove your brace.
- It is normal to see some pinkness on your foot or ankle where the brace and straps press against your skin. This should fade **within 30 minutes** after removing your brace.

Cleaning your brace

Clean your brace at least weekly, or more often if needed, using warm water and mild soap or isopropyl alcohol.

Dry your brace with a towel. **Do not** use heat to dry it.

When does your brace need adjusting?

Look out for:

- Discomfort after the break-in period
- Worn-out straps or padding
- Cracks or breaks in the plastic
- If, after removing your brace, redness lasts **longer than 30 minutes**.

If you have any questions or concerns, contact your nearest Peke Waihangā Orthotic Service.



For more helpful resources, please visit our website: www.pw.co.nz/resources

Orthotic Service locations

Auckland

Unit 1–5, 72 Dominion Road, Mount Eden,
Auckland 1024

☎ 0508 678 255

✉ aklorthenquiries@pw.co.nz

Hamilton

222 Pembroke Street, Waikato Hospital, Hamilton 3204

☎ 0508 679 245

✉ wkoorthenquiries@pw.co.nz

Tauranga

100 Eleventh Avenue, Tauranga 3110

☎ 0508 267 678

✉ boorthenquiries@pw.co.nz

Nelson

17 Bishopdale Avenue, Bishopdale, Nelson 7011

☎ 0508 725 482

✉ nelorthreferrals@pw.co.nz

Christchurch

330 Burwood Road, Christchurch 8083

☎ 0508 677 265

✉ chcorthenquiries@pw.co.nz

Dunedin

464 Cumberland Street, Dunedin 9016

☎ 0508 474 474

✉ dunorthenquiries@pw.co.nz

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☎ (04) 385 9410

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Learn more about Peke Waihangā

💻 www.orthoticservice.co.nz

💻 www.pw.co.nz

💻 www.peersupport.co.nz

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