

Knee Ankle Foot Orthosis (KAFO)

Orthotics Department



The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

This leaflet has information on the use and general care of your Knee Ankle Foot Orthosis (KAFO).

How do I care for my leg?

You should do the following on a daily basis:

1. Inspect all aspects of your leg which come into contact with the KAFO checking for red marks, abrasions, bruising, or wounds. Use a mirror or ask someone for help if necessary
2. If you are experiencing discomfort or the skin is marked red or broken please contact the orthotics department immediately for advice
3. You must not adjust the KAFO yourself, any adjustments must only be carried out by the orthotics department
4. You must ensure (if applicable) that the spurs at the end of your KAFO are fully inserted into the sockets in your shoes, before standing
5. All KAFOs must be worn with socks and footwear

Now I have my KAFO, how often should I wear it?

This will be individual to each patient. Please follow the instructions written by the Orthotist in the table on page 2.

Will I receive any further appointments?

ALL patients who have been prescribed with a KAFO will be sent a routine 6 monthly letter advising that the KAFO is ready for a safety check. ALL KAFOs MUST be inspected for workmanship and safety every 6 months by the orthotic department without exception.

It is your responsibility to ensure you bring your KAFO into the department every 6 months to be checked for safety.

Following a safety check or any alterations to your KAFO the KAFO must be fitted by the orthotist not collected.

Name of orthotist:

Contact details:

How long should I wear the KAFO for when I first get it?

Date	Length of Time KAFO should be worn
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

What else should I be aware of?

Please check your KAFO for wear and tear daily, make sure there are no loose parts on your KAFO before putting it on. You must manually check (if appropriate) that the knee joint fully locks before weight bearing in your KAFO.

Your orthotist will go through putting your KAFO on and off. Please make sure that you understand this procedure and if you have any problems with this please contact the orthotics department for advice.

Please note you are entitled to two serviceable KAFOs per leg. If a new KAFO is made to replace a worn or poor fitting KAFO this will then be considered "condemned" and no further repairs will be made on the condemned KAFO by the orthotics department.

If you have any problems with your KAFO, or feel your condition has changed please make sure you contact the orthotics department for a review appointment.

Contact Details

Orthotics Department New Cross Hospital Wednesfield Road Wolverhampton WV10 0QP Tel: 01902 694082 Opening times: Mon – Fri, 8:30am – 4:30pm Excluding Bank Holidays	Orthotics Department Cannock Chase Hospital Assessment Unit – Level 2 Brunswick Road WS11 5XY Tel: 01543 576626 / 6130 Opening times: Mon – Fri, 8:30am – 4:30pm Excluding Bank Holidays Reception phones are answered between 9:00am to 4:00pm Email: rwh-tr.orthoticservice@nhs.net
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English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。

Designed & Produced by the Department of Clinical Illustration,
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