

# Knee-Ankle-Foot Orthosis (KAFO)

## What is a Knee-Ankle-Foot Orthosis (KAFO)?

A KAFO supports the leg, knee, and foot. Your KAFO is designed specifically for your condition and functional goals.

- A KAFO can be made of plastic, metal & leather, or carbon composite.
- The knee joint may be free motion or include a locking mechanism.
- The ankle joint may be solid (no motion), flexible, or have a joint to allow motion.



## How do I put my KAFO on?

1. Put on a clean, dry sock.

You may prefer a long thigh-length sock, especially if you have sensitive skin.

2. Place your leg and foot in the KAFO.

**Make sure your heel is all the way down in the KAFO.**

3. Fasten the Velcro straps.

## What kinds of shoes should I wear?

Always wear your KAFO inside of a shoe.

- Choose a shoe with a removable insole to create more room.
- Laces work well because they open wide when putting to shoe on, and then can be tightened to keep the KAFO secure on the foot.
- You may need a shoe that is wider, deeper, or a size larger than your normal size.



## What is a break-in wear schedule?

When you first receive your KAFO, it may take a number of days before you acclimate to the orthosis.

- Start by wearing your KAFO a few hours at a time.
- Gradually increase wear time over 1-2 weeks.

Follow the break-in wear schedule recommended by your orthotist or doctor.

## How should I clean & maintain the KAFO?

- Wipe plastic with soap and water. Dry completely.
- Do not submerge in water.
- Clean any leather parts with saddle soap.
- Usually the knee and ankle joints do not need lubrication. If necessary, use a dry spray silicone lubricant or 3 in 1 oil.



## How should I care for my skin?

Each time you remove your KAFO, check your skin for redness or irritation.

Call for an adjustment and temporarily discontinue use if you notice:

- Redness or pressure spots that don't go away after 30 minutes.
- Cracked, broken, or missing parts of the KAFO.

## What if I have a problem or question about my KAFO?

Contact the University of Michigan Orthotics & Prosthetics Center at 734-973-2400.

If you experience any changes in your general health, please contact your doctor.

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