

Knee-Ankle-Foot Orthosis Pediatric

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

- A KAFO supports the knee, ankle and foot.
- It is a custom orthosis (brace) created from a mold and measurements of your child's leg.

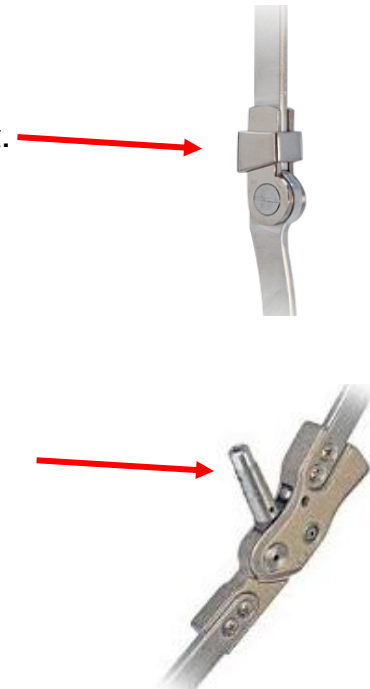
The KAFO consists of plastic, leather, or carbon cuffs with metal uprights. The joints at the ankle and knee are chosen based on your child's functional goals.



How does the knee joint work?

The knee joint on your child's KAFO may be one of the following:

- ❖ Free motion: The knee can bend and straighten freely.
- ❖ Drop lock:
 - When the drop lock is down, it locks the knee straight.
 - Lift the lock to allow the knee to bend.
- ❖ Step lock:
 - Push the lever down to lock.
 - The lock will continue to engage as you straighten your child's knee.
 - You will hear a click at each interval.
 - Push the lever up to unlock.
 - If the joints are hard to unlock - straighten your child's knee to remove tension from the joints before pushing the levers up.



How do I put on my child's KAFO?

1. Put on a clean, dry sock that covers the skin under the KAFO.
2. Unlock the knee joint if necessary (lift drop lock or push lever up on Steplock).
3. Place your child's leg and foot in the KAFO.
Make sure their heel is all the way down in the KAFO.
4. Fasten the Velcro straps.
5. Lock the knee joint as directed by your doctor or orthotist
 - Step lock: Push the lever up to lock the joint. Straighten your child's leg.
 - Drop lock: Straighten the leg and push the ring down to lock.

What kinds of shoes should my child wear?

Your child must always wear the KAFO inside of a shoe. The plastic is slippery and it is extremely unsafe to attempt to walk on.

- Choose a shoe with a removable insole to create more room for the KAFO.
- Your child may need a shoe that is wider or a size larger to fit the KAFO.

When should my child wear the KAFO?

- Follow the wearing schedule recommended by your orthotist or doctor.
- Typically, start by having your child wear the KAFO for a few hours at a time.
- In some cases after surgery, the KAFO must be worn at all times.

How should I clean & maintain the KAFO?

- Wipe the plastic with soap & water. Dry completely.
- Do not submerge in water.
- Clean any leather parts with saddle soap.

How should I care for my child's skin?

Each time you remove your child's KAFO, check for any redness or skin irritation.

- Redness should disappear within 20-30 minutes.
- Call for an adjustment and temporarily discontinue use if you notice pressure spots that don't go away after 30 minutes.

What if I have a problem or question about my child's KAFO?

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

If your child experiences any changes in general health, please contact their doctor.

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Last Revised 2/2017 P&P611.82 KAFO_pediatric.docx