

What happens next?

Following the first supply of your KAFO, you will have a review appointment made.

After this, your KAFO should have a 6-monthly maintenance check.

It will be your responsibility to ensure that your KAFO is brought to the department for this essential check.

Please ensure that you bring in your KAFO for this to occur.

If your KAFO is subject to environmental factors such as high humidity, wet, dust, incontinence etc. then a 3-monthly check of the joints is advised by the manufacturer.

If have any queries please use the contact information on this leaflet.

Your next review is due:

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Contact us

Orthotics Department
South Block
Royal Berkshire NHS Foundation Trust
London Road
Reading RG1 5AN
Tel: **0118 322 7552**

Your Orthotist is:

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To find out more about our Trust visit
www.royalberkshire.nhs.uk

**Please ask if you need this information
in another language or format.**

NHS Orthotic Managers Group, May 2023
Next review due: May 2025



Royal Berkshire
NHS Foundation Trust

Guidelines for the use of knee ankle foot orthoses (KAFO)

Information for patients

Department of Orthotics

This leaflet gives advice to patients who require an KAFO orthotic device to hold their knee, foot and ankle in a corrected position.

What are KAFOs?

You have been prescribed a KAFO manufactured specifically to your needs. This may include providing stability to your knee and assisting mobility.

The KAFO may consist of some or all of the following: plastic or leather thigh section, plastic below knee section, knee joints, ankle joints and fixation within or outside of your shoe. It will have fastening straps with Velcro or buckle adjustments.



Wearing your KAFO

If you are wearing it for the first time, you will have to gradually increase the amount of time used to allow your skin to adapt. Before putting the KAFO on you should inspect it to ensure the knee joints move

freely without resistance and if it has a lock that these engage correctly and fully. You should also check for any other defects.

- Check that all straps are fastening securely
- Check that the KAFO is attached to or is within the shoe securely
- Extend your knee to ensure if you have locks they function properly

Care advice and precautions

It is normal for there to be some marking to the skin when you take off the KAFO. These marks should disappear within 30 minutes. If marking persists or becomes sore, discontinue use until you have contacted the Orthotics Department for advice. Check your skin visually before and after each use. Use a fabric interface such as a sock or Tubigrip to help protect you from friction.

Observe good skin care and hygiene. Do not attempt to repair or adjust the KAFO.

How long should they be worn?

At first, the KAFO may feel uncomfortable so they should be worn gradually using the following schedule.

Day 1: 30-60 minutes **Day 3:** 3-4 hours
Day 2: 1-2 hours **Day 4:** 4-5 hours

Normal supply

You are normally provided with one KAFO, with a second supplied if it is to be used long-term and it has been deemed clinically effective. The straps and joints on your KAFO can be repaired when required but it will be replaced when beyond safe repair.

What footwear do I wear?

Leather shoes or trainers with a lace up or Velcro fastening, a heel height of between 25 and 35mm and with a rubber sole/heel unit are recommended. Ensure the footwear has good space for your foot and any KAFO foot section.

Looking after your KAFO

Please keep your KAFO well maintained:

- Clean with damp cloth or soap wipes.
- Do not immerse in water.
- Periodically clean any fluff from knee joints using a cotton bud.
- Fluff etc. can be picked out of the Velcro to improve the grip.

If knee joints are loose or worn then please contact the Orthotics Department.