

We make getting an AFO fun and easy

You're special and we want you to feel it!



From care instructions to sharing what your dream AFO looks like and some fun extras, head to our webpage below or scan the QR code.

www.abilitymade.com/care

Join the movement. Be on the leading edge of digital fabrication for orthotics.

Follow us on socials. Love your AFOs? You can even share a video or photo with the hashtag #AbilityMadedeforyou. Make sure you tag us!



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Want to know more?

If you have any questions about your 3D printed AFOs, feel free to get in touch with the AbilityMade team.

Call us on +61 02 7201 9689

Email us at hello@abilitymade.com

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Taking care of your 3D printed AFOs

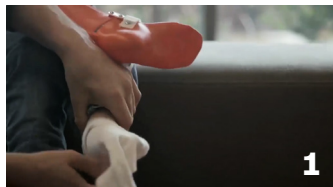


You just received your custom-made AFOs!

These instructions will help you care for and use your new AFO.



Putting an AFO on correctly



1
Sit down to put on your AFO. Pull up your socks and make sure there are no wrinkles in them. Always wear a clean sock to reduce friction and protect your skin.



2
Place your heel at the back of the AFO, ensuring the heel is sitting down in the heel cup. Fasten the heel retaining strap snugly.



3
Firmly fasten the top strap and put on the shoe. If the strap is loose, skin problems are more likely to develop from rubbing.



WARRANTY

Please contact your orthotist if there are any issues. This product is covered by warranty for 8 months from the date we received the 3D Print scan. Scan the QR code for more warranty info.

www.abilitymade.com/warranty

Wearing Schedule

It takes time to get used to wearing AFOs before it feels natural. It is important to gradually increase the wearing time by at least an hour a day until your AFOs can be worn full time. This should not take more than 2 weeks to reach. Your orthotist will discuss with you the expected wearing times for your unique needs.

Skin Care

It is necessary for you to check your skin every day after wearing the AFOs to monitor any potential skin irritation, for example blisters and sores. It is normal for there to be some redness with a new AFO, however it should not be long-lasting.

If you are experiencing pain or skin irritations due to the AFO, contact your orthotist as some adjustments may be needed.

Care and Maintenance of AFOs

Your AFOs should be regularly cleaned by wiping with a damp cloth and soapy water. Make sure they are completely dry before being re-worn. Don't use a heat source to dry them, for example a hair dryer, as this could cause damage. Instead use a towel and/or air dry them.

Try not to wet the straps when washing the AFOs. Check the straps routinely for wear and tear and that they fasten securely. It is not uncommon for straps and padding to become weak and break. If the straps are of concern, contact your orthotist as these are minor repairs and can generally be replaced quickly.

Don't try to alter the AFO yourself, for example cutting, filing, heating etc.

If you think you are outgrowing the AFOs or your needs have changed, please contact your orthotist for a review appointment.

Your Orthotist

Name _____ Contact _____

Notes