



Wear and Care Instructions for the FreeFlow[®] AFO



Use your phone's camera to scan this QR code and follow along with the video

Putting on the Brace

► Follow along with the video for best results

1. Note: you'll always have to wear this brace with a shoe. The shoes you choose should have a removable insole, good heel coverage, and enclosed toes. Sneakers are a perfect option.
2. Remove your shoe's insole, slide the brace in, and replace the insole on top. A cushion layer, like your shoe's insole, must always be between your foot and the brace (a sock is insufficient).
3. Next, put your shoe on as you normally would. Then take the shin strap, wrap it around your leg and clip it into the key hole on the brace.
4. To tighten the strap, make sure that the dial is pushed in then rotate it clockwise until snug.
5. If your practitioner has added the helix strap to your AFO, wrap it around your ankle and secure it to the back of the brace.

Removing the Brace

1. Pull the dial out to release tension on the strap.
2. Pull the fabric loop on the strap to unclip it from the key hole. Take off your shoe and leave the brace inside.

Additional Rules

1. Avoid bending at the ankle while wearing this brace. If you need to bend down, we recommend dropping down on one knee or pushing your hips back into a squat to keep your knees over your toes.
2. When walking up or down stairs, place your whole foot on each step. Do not put just your toes on the step.

HELPFUL TIP - Check your skin every day. If your skin stays red for more than 15 minutes after you take off your brace it could mean there is too much pressure in one spot. Stop wearing the brace, take a picture of the red spot, and contact our office right away.

Cleaning Instructions

If the brace gets dirty it can be spot cleaned with soap and warm water. The padded calf section of the brace can be removed for washing. We suggest that you hand wash this pad and let it air dry fully before putting the brace on again.

Break-In Schedule

In general, we suggest a slow break-in period. This way if there is a problem we can address it right away.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 hour	2 hours	3 hours	4 hours	5 hours	6 hours	Full time wear