

October 2004/Volume 3

The Tech Bulletin is designed to provide quick and useful information regarding Otto Bock Products and Services. This issue explains how to initially fit a patient with a Walk On AFO.

To initially fit the Walk On AFO, work with the patient inside parallel bars. Place a non-skid surface on the floor and set the Walk On AFO on the non-skid surface. Next, stand the patient barefoot in the AFO with the shoe insert placed between the plantar surface of the foot and the footplate of the Walk On AFO.



Before making any changes to the Walk On you can determine if it works correctly with the patient's anatomy and/or pathology. Extreme transverse or coronal plane pathologies are usually contraindicated and may require a custom made AFO.

Your patient might experience discomfort along the medial strut of the Walk On. This may be caused by inadequate clearance, which can create uncomfortable pressure on the Medial Malleolus and the Longitudinal Arch.



There are several ways to remedy this problem:

- Slide the foot forward or backward on the footplate and then trim the footplate to fit correctly in the shoe.
- If the patient's foot is pronated, use an off-the-shelf or custom foot orthosis to position the foot in a more neutral position.
- Place a medial wedge between the footplate and the foot.

Important: DO NOT grind away material or heat to reshape the medial strut. As this can lead to catastrophic failure.