

A GUIDE TO WEARING A KNEE ANKLE FOOT ORTHOSIS (KAFO)



PEACOCKS EST. 1903

ORTHOTICS

About Peacocks

Founded in 1903, Peacocks Medical Group have a wealth of experience both clinically and technically, for the manufacture and supply of orthotics including footwear, insoles, AFOs and more.

We are committed to customer care, quality and innovation and our experienced orthotists have a wide range of specialist skills covering all aspects of orthotics. Whilst our highly-skilled technicians use their experience and knowledge to manufacture orthotic devices which can improve our patient's lives.

Our quality system meets the requirements of BS EN ISO 9001:2015. All our products meet the requirements of The Medical Devices Regulations and are CE marked where appropriate.



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You have been prescribed a KAFO, which is a device to control your ankle and knee when standing and walking. In some circumstances it can also control your hip.

Take your time to get to know the device and slowly increase its use over the first few weeks. It is a new learning process; so be patient and aim to improve each day.

Your stability when standing and walking will probably be dependent on the device and it needs extra special care to use and maintain it properly to ensure your safety.

If this is your first KAFO you may well need some lessons on how to use it. This is usually provided by a physiotherapy department. Please enquire if you are having difficulty.

Should you suffer any rubbing or any skin abrasions, immediately inform the department where the KAFO was supplied and they will advise the appropriate action to take.

Most KAFOS have knee joints.

It is an essential part of KAFO use for you to ensure that both locks are fully engaged either before or as soon as you stand and always before commencing walking. Failure to engage both joints puts a massive strain on one of the side members, which can then fracture suddenly under the strain and can cause damage to you. Make this check your first action upon standing.

Some KAFOs do not have lockable joints; in this case there is obviously no concern about engaging the locks.

The KAFO should be returned to the department of supply every 6 months for checking.

The KAFO will be sent to our manufacturing unit for non-invasive test and routine maintenance.

If you are an adult and totally dependent for your mobility on the KAFO, a spare will be provided once it has been established the first one is satisfactory.

The section below your knee may be made of metal or plastic. If metal; keep the spurs which fit into the shoe lightly lubricated and in a good state of repair. If plastic; choose a shoe which fits over this section with comfort. Shoes which open right down to the toes, as found in trainers are most suitable.

If the section below your knee is plastic always wear a sock underneath and if the climate is warm carry a spare with you to change into.

Your orthotist is there to help you through the wearing of this device. Contact the department if you are having difficulty.

Reminders:

- 1) Engage both locks before or on standing.**
- 2) Send your KAFO for inspection every 6 months.**