



Royal Orthopaedic Hospital NHS Foundation Trust Patient Information

# Drop Foot Ankle Foot Orthosis (A.F.O )

Welcome to the Royal Orthopaedic Hospital (ROH).  
For further information please visit [www.roh.nhs.uk](http://www.roh.nhs.uk)

## What is an Ankle Foot Orthosis (AFO)?

The Ankle Foot Orthosis (AFO) is a splint worn on the lower leg and foot and is designed to support the ankle and prevent your foot from dropping so that you do not catch your toes on the ground. This allows a more normal walking pattern.

## Wearing the Splint

The doctor prescribing the splint should tell you when to wear it. Normally you would need to wear the splint when walking.

The AFO should be worn over a sock/stocking to protect your skin.

## How long will I have to wear the AFO for?

This depends in the return of function to the muscles in the foot. Advice should be sought from your doctor.

## Problems

Please contact the Orthotics Department on 0121 685 4123 if you have concerns about any of the following:

- Check the AFO before wearing. If there are any cracks or rough edges this could rub against your skin.
- The length of sole plate on your AFO can be adjusted if you feel this is required.
- If the AFO becomes sore or is tight.

## What shoes are suitable to be worn with the AFO?

The splint should be worn with low heeled shoes. Trainers type shoes provide good support.

Shoes with a removable inlay allow extra room for the AFO to fit into the shoes properly.

Slip on and court shoes cannot be worn with an AFO as they do not provide enough support.

## Cleaning

The padding can be hand washed and allowed to dry naturally. The plastic part of the splint can be cleaned by using a damp cloth.

## Responsibilities

It is our responsibility to you to ensure you receive the best possible care regardless of age, gender, sex or ethnicity and in an environment that is safe and clean.

It is your responsibility to ensure the following:

- To inform us of any changes to your personal circumstances, ie. change of address
- To attend for appointments on time
- Each appointment costs the hospital £100. If you do not require your appointment is important that you inform us as soon as possible so that we may offer this appointment to another patient

- If you fail to attend your first appointment or any subsequent review, no further appointments will be made for you and you may be referred back to your GP

### **Confidentiality**

The Trust is committed to keeping your information safe and secure, and to protecting your confidentiality.

For more information about how we do this please read the Trust's leaflet:

#### **"Ensuring Information Confidentiality"**

These are available in waiting areas, on the Trust website or can be requested through the Communications team on 0121 685 4379.

### **Dignity and Respect**

It is expected that staff, patients and visitors will treat each other with dignity and respect. The hospital operates a zero tolerance policy towards acts of physical or verbal aggression and action, including prosecution where appropriate, will be taken if such behaviour is displayed.

### **Smoking**

All NHS Trusts have a No Smoking Policy. Smoking must be restricted to designated smoking shelters only. Smoking shelters are located by:

- Outpatients main entrance,
- Front of the site by the entrance doors, accessed from Gate A.
- Rear of the site by the High Dependence Unit (HDU) Please help keep the site clean and tidy by disposing of cigarette ends in the bins provided.

### **Patient Support**

Our Patient Advice and Liaison Service (PALS) offers help, support and advice to patients, their relative, friends and carers. PALS can help answer questions you have about hospital services; respond to problems or concerns; and welcome your suggestions or comments, both positive and negative. PALS can be contacted by phone, Monday to Friday, 8.30am and 4.30pm. See contact details below.

### **Patient Experience**

As a hospital we are committed to listening to the views of our patients and using the feedback to inform service improvement plans. You may be asked to complete a number of surveys at different stages during your treatment. Please help us by completing the questionnaires. Your participation is greatly appreciated.

### **Contact Numbers**

PALS	0121 685 4128
Orthotics Department	0121 685 4123

