

Microprocessor Knee-Ankle-Foot Orthosis Wear & Care Guide

Your microprocessor knee-ankle-foot orthosis (MPKAFO) has been custom-designed to help you achieve your personal rehabilitation goals. These instructions will help you correctly use and care for your MPKAFO. If you have any specific questions about your care plan, please contact your Hanger Clinic clinician.

WHAT TO EXPECT

Your orthotist will make sure your MPKAFO fits and is properly programmed. They will also check with you to ensure you feel comfortable putting on and removing the brace. Regular follow-up appointments are important to assess the fit and function of your MPKAFO and your ongoing orthotic and rehabilitation goals.

PROPER FOOTWEAR

Your MPKAFO was designed with your shoe in mind. Even the height of your shoe's heel makes a difference. Ask your orthotist about shoe recommendations.

PUTTING ON YOUR MPKAFO

Your orthotist will determine how to put on your specific MPKAFO, but below are some general guidelines:

1. Always wear a clean sock and smooth out any wrinkles.
2. Be sure your heel has good contact with the bottom of the MPKAFO.
3. If your MPKAFO has an ankle strap, tighten it first to hold your heel down in the MPKAFO.
4. Next, tighten the calf strap and thigh straps. Note that most MPKAFOs use a hook and loop closure (like Velcro) to secure the strap. If your MPKAFO has a different closure, your orthotist will show you how to tighten and close your device.
5. Now that you have secured the MPKAFO to your leg, slide the MPKAFO into your shoe using a shoehorn if necessary.



WEARING SCHEDULE

Your orthotist will provide a personalized break-in schedule that will help you gradually increase the number of hours per day the MPKAFO is worn. In general, we suggest you start wearing your MPKAFO when needed to support your daily mobility needs, gradually increasing use over a week as directed by your therapy caregiver. A typical wearing schedule may look something like this:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
4 hours (inspect skin every 2 hours)	8 hours (inspect skin every 4 hours)	All Day (inspect skin every 4 hours)	All Day (inspect skin upon removal)	All Day (inspect skin upon removal)

SKINCARE

Check your skin daily. Redness lasting longer than 20 minutes after you take off the MPKAFO can be a warning sign that there are excessive pressures that might develop into problems later. Additionally, your MPKAFO should not cause pain. If redness does not go away within 20 minutes after removing the MPKAFO or if skin or bone soreness develops, contact your orthotist.

CLEANING INSTRUCTIONS

- Most MPKAFOs are made with low-maintenance materials that are easily cleaned. We generally recommend cleaning with warm water and mild soap, rinsing, and drying when needed. The knee joint should NEVER be submerged underwater. Please review your specific MPKAFO care with your orthotist.
- The MPKAFO will not absorb water, but the straps, strap pads, and brace liners will need time to dry.
- Inspect regularly. If there are any noticeable signs of wear, such as cracks, stress marks, sharp edges, loose attachment screws, rivets, or strap fraying, contact your orthotist.
- MPKAFOs DO NOT like extreme temperatures. They can become brittle in extreme cold and can warp in extreme heat.

APPOINTMENT SCHEDULE

Follow-up appointments are important to ensure the proper fit and function of your MPKAFO and to track changes in your balance and mobility. Your follow-up schedule includes the following appointments:

APPOINTMENT TYPE	DATE & TIME	DESCRIPTION
First Short-Term Follow-Up		<ul style="list-style-type: none">• Check that everything is going well and answer questions• Evaluate the fit and make any adjustments
Second Short-Term Follow-Up		<ul style="list-style-type: none">• Check that everything is going well and answer questions• Evaluate the fit and make any adjustments
3-6 Month Follow-Up		<ul style="list-style-type: none">• Make any adjustments• Review your orthotic and rehabilitation goals• Assess your balance and mobility
1 Year Follow-Up		<ul style="list-style-type: none">• Make any adjustments• Review your orthotic and rehabilitation goals
24 Month or 2 million Steps Service	Based on 24 months or 2 million steps, whichever comes first	<ul style="list-style-type: none">• Two visits are required• Provided with a loaner unit while MPKAFO joint is sent in for warranty servicing

WARRANTY, MAINTENANCE, AND REPAIR INFORMATION

Your MPKAFO comes with a 36-month warranty, as outlined in the manufacturer's documentation provided with your device. Your orthotist will arrange warranty servicing.

As you go through this journey, remember you are not alone.
Your Hanger Clinic clinician is available to answer your questions
and support you in any way they can.



Visit HangerClinic.com/MPKAFO to learn more.

