

## INFORMATION FOR PATIENTS

# Knee ankle foot orthoses (KAFO)

You have been prescribed a KAFO manufactured specifically to your needs. This may include providing stability to your knee and assisting mobility.

The KAFO may consist of some or all of the following:

- Plastic or leather thigh section
- Plastic below knee section
- Knee joints
- Ankle joints
- Fixation within or outside of your shoe.

It will have fastening straps with Velcro or buckle adjustments.

### **Wearing your KAFO**

If you are wearing the KAFO for the first time you will have to gradually increase the amount of time it is used to allow your skin to adapt.

Before putting the KAFO on you should inspect it to ensure the knee joints move freely without resistance and if it has a lock that these engage correctly and fully. You should also check for any other defects:

- Check that all straps are fastening securely.
- Check that the KAFO is attached to or is within the shoe securely.
- Extend your knee to ensure if you have locks they function properly.

### **Care advice and precautions**

It is normal for there to be some marking to the skin when you take off the KAFO.

These marks should disappear within 30 minutes. If marking persists or becomes sore, discontinue use and contact the orthotics department for advice.

Check your skin visually before and after each use. Use a fabric interface, such as a sock or tubigrip to help protect you from friction.

Observe good skin care and hygiene. Do not attempt to repair or adjust the KAFO.

### **What footwear do I wear?**

Leather shoes/trainers with a lace or Velcro fastening with a heel height of 25-35mm and a rubber sole/heel unit. Ensure the footwear has good space for your foot and any KAFO foot section.

### **Looking after your KAFO**

Please keep your KAFO well maintained:

- Clean with damp cloth or soap wipes.
- Do not immerse in water.
- Periodically clean any fluff from knee joints using a cotton bud.
- Fluff and so on can be picked out of Velcro to improve the grip.
- If knee joints are loose or worn, then please contact the Orthotic Department.

### **What happens next?**

Following the first supply of your KAFO you will have a review appointment made. After this, your KAFO should have a six monthly maintenance check. Please ensure that you bring in your KAFO for this to occur.

If your KAFO is subject to environmental factors, such as high humidity, wet, dust, incontinence and so on, then a three monthly check of the joints is advised by the manufacturer.

If you have any queries please use the contact information on this leaflet.

**Eligibility**

You are normally provided with one KAFO, with a second supplied if it is to be used long term and it has been deemed clinically effective. Your KAFO can be repaired for strapping and other components and will be replaced when beyond safe repair.

Please keep this leaflet safe for future use. You are now able to contact the department directly for orthotic care as required. If you need a review appointment, or if the orthosis requires servicing or replacement, you **do not** need to be referred again.

If there are new symptom(s)/condition(s) that are unrelated, a new referral will be required to be assessed for further orthotic management.

**Your next review is due:**

.....

**Your orthotist is:**

.....

**Contact details**

Orthotics Department  
Clinic 2  
King’s Treatment Centre  
King’s Mill Hospital  
Sutton in Ashfield  
Notts  
NG17 4JL

**Clinics are held at:**

- Clinic 2, King’s Treatment Centre
- General Outpatients, Newark Hospital
- Neuro Rehabilitation, Mansfield Community Hospital.

The contact telephone number for **all** orthotic queries is 01623 676163.

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King’s Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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