

PATIENT INSTRUCTIONS FOR THE EZ STRIDE CARBON FIBER POSTERIOR AFO

Wearing the EZ Stride - Spiral AFO

- You will immediately notice that the EZ Stride - Spiral AFO is quite a bit different than the normal, in shoe, AFO.
- Pull the insole out of your shoe.
- Put the AFO into your shoe. It should be tight and not move around in the shoe. If it does, contact your healthcare professional
- Put the insole back into the shoe on top of the AFO
- Make sure the strap is un-done or un-fastened.
- Tilt the AFO towards the left or right (depending which is easier for you to get your foot into) and slide your foot into the shoe making sure that the posterior (back) aspect of the AFO clears your leg.
- Slide your foot into the shoe.
- Slide the posterior (upper back) of the AFO around your calf flexing it so that the “wings” clear the calf. Don’t worry, it won’t break!
- The calf band of the AFO should align with the front of your leg.
- Pull the calf strap through the chaffe (pull tab) located on the opposite side and secure it tightly to the Velcro on the strap. The hook in the end of the strap will secure to the loop of the strap.
- Stand up and walk a short distance (about 4 or 5 steps)
- If you feel any discomfort, notify your health care professional immediately. Your brace or shoe may need adjustment.

Always DO the following:

- Follow all the instructions of your Orthotist
- Wear thick, over the calf socks to provide protection to skin sensitive areas
- Keep liners clean and free of obstructions
- Inspect your “EZ Stride AFO” periodically for excessive wear, cracking, delamination, or other fatigue. Report any of the above immediately to your orthotist.
- Inspect all contact areas of your leg and foot for any signs of redness or irritation. Report these immediately to your orthotist.
- When not in use, store the “EZ Stride AFO” at room temperature.
- Keep your “EZ Stride AFO” clean and free of any dirt, oil, or grime. Use a mild detergent soap to clean your EZStride.
- Always make sure shoes are in good condition and proper heel height is maintained. Check with your practitioner before changing shoe styles or if the heel of your shoe becomes excessively worn down.
- Wear the EZ Stride with confidence.

Never Do the following:

- Store your EZStride in areas that might experience excessively high temperatures
- Attempt to adjust or modify your EZStride. If you feel your orthotic needs adjustment, contact your Orthotist immediately
- Take strides that are unreasonably long.
- Repeatedly move to a squat position. It’s a good idea to not try to squat at all. This puts a tremendous amount of stress on the orthosis and could lead to potential failure
- Step on a stair with just your toes. Try to land each stair with your whole foot.
- Attempt to flex the orthosis or bend the orthotic with your hands or tools. If your orthotic needs adjustment, please see your orthotist
- Use your EZ Stride to support your toes while on a ladder or in any similar fashion.