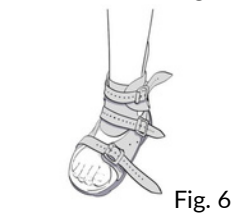
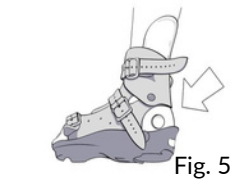
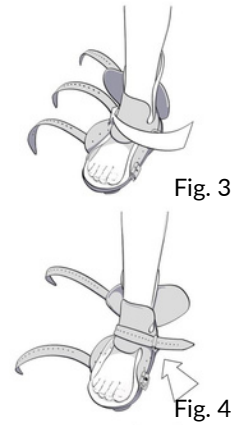
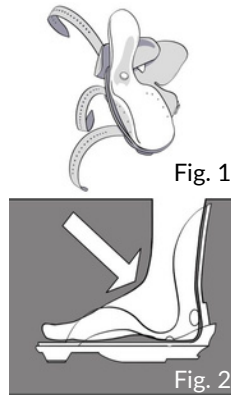


# Ponseti® AFO Instruction Card

## Instructions For Use:

1. Open the AFO so all the suede straps are clear for inserting the foot. Buckles are designed to be placed to the inside of the foot. They may be positioned to the outside based on physician preference or individual convenience of application. (Fig 1)
2. Holding the lower leg, gently slide the foot into place until the heel is secure against the back and bottom of the AFO. Socks that cover the foot and lower leg are required to prevent skin contact with the AFO. (Fig 2)
3. Pull tongue horizontally against the ankle and hold in place with your thumb. Be sure the hole in the tongue is set in the center of the ankle, above the middle strap. (Fig. 3)
4. Buckle the middle strap securely over the horizontal tongue. Securely buckle the ankle strap but be careful not to over tighten, as that can lead to skin irritation and sores. (Fig. 4)
5. Look through the heel opening at the back of the AFO to ensure the heel is ideally down and to the back of the AFO. (Fig.5) The heel may not initially be able to contact the bottom of the AFO after the tenotomy and last casting but will over time. If you do not see the heel in the window, readjust the tongue and middle strap so that the heel is properly positioned. In some cases, the heel will not touch the bottom of the AFO, and in others the heel will be barely visible through the heel opening. In these challenging cases, the heel will drop over time as long as ankle motion is adequate. Forcing the heel into the AFO and over tightening the middle strap can lead to skin irritation, sores, and reduced bracing compliance.
6. Once upper straps are tight and heel is securely in place, buckle the toe strap and retighten the other straps if needed.

**Care Instructions:** AFOs can be machine washed on a cool, gentle cycle, using mild detergent; air-dry only.

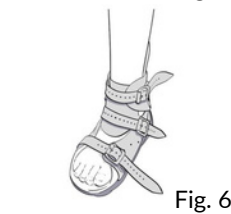
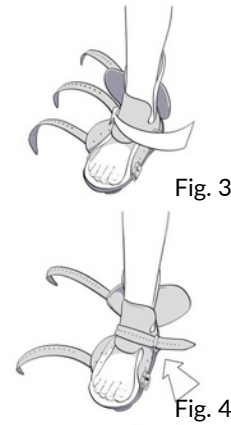
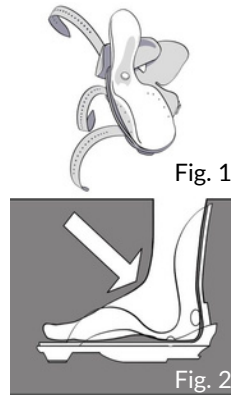


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MD Orthopaedics does not, and cannot, warrant certain results from the use of its products. While MD Orthopaedics cannot guarantee results, it is committed to taking every reasonable step to provide the best possible product and customer service. We value your feedback and the opportunity to serve you!

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**Phone: 1-877-766-7384**

**Email: [info@mdorthopaedics.com](mailto:info@mdorthopaedics.com)**

***A refund may be requested for unused merchandise within 30 days of purchase, with reference to the sales order or PO number***

If you wish to return product for a refund, the following guidelines apply:

- 1.A Return Authorization (RA) number must be obtained from MD Orthopaedics. The RA number **must** be written on the outside, or included inside, the package.
- 2.Product will be returned at the customer's expense.\*
- 3.Return of new, unused products must be in unmarked condition and in original packaging.\*

*\*Upon receipt of the returned product, if a refund is issued, it may take up to 4 weeks to process. Refunds will be issued for the purchase price, minus a 15% restocking fee; original shipping charges will not be refunded.*

***No returns will be accepted for the Custom Color AFOs; all sales are final.***



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