

Academy Tech Tips

WalkOn® AFO Fitting

The Tech Bulletin is designed to provide quick and useful information regarding Ottobock Products and Services. This issue explains how to initially fit a patient with a WalkOn® AFO.

To initially fit the WalkOn® AFO, work with the patient inside parallel bars. Place a non-skid surface on the floor and set the WalkOn® AFO on the non-skid surface. Next, stand the patient barefoot in the AFO with the shoe insert placed between the plantar surface of the foot and the footplate of the WalkOn® AFO.



Before making any changes to the WalkOn® you can determine if it works correctly with the patient's anatomy and/or pathology. Extreme transverse or coronal plane pathologies are usually contraindicated and may require a custom made AFO.

Your patient might experience discomfort along the medial strut of the WalkOn®. This may be caused by inadequate clearance, which can create uncomfortable pressure on the Medial Malleolus and the Longitudinal Arch.



There are several ways to remedy this problem:

- Slide the foot forward or backward on the footplate and then trim the footplate to fit correctly in the shoe.
- If the patient's foot is pronated, use an off-the-shelf or custom foot orthosis to position the foot in a more neutral position.
- Place a medial wedge between the footplate and the foot.

Important: DO NOT grind away material or heat to reshape the medial strut. As this can lead to catastrophic failure.

If you have any further questions, please contact Ottobock at 800 328 4058 and ask to speak with a member of our Professional and Clinical Services department.