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## Contact details

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# Pressure Relieving Ankle Foot Orthosis

Instructions for wearing your Pressure Relieving Ankle Foot  
Orthosis (PRAFO)

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[www.svhm.org.au](http://www.svhm.org.au)





## What is a Pressure relieving ankle foot orthosis (PRAFO)?

A PRAFO is worn on the leg and foot while resting in bed and walking short distances.

## When is a PRAFO used?

A PRAFO is used to:

- Protect your heel from pressure when in bed
- Allow you to walk safely for short distances when your foot is bandaged
- Maintain your ankle range of movement

## When should the PRAFO be worn?

A PRAFO should ideally be worn at all times, only being removed for wound care and showering, unless otherwise indicated by your doctor.

## Check your skin daily for signs of pressure.

**Do not alter the cast yourself. Please contact your orthotist with any concerns on (03) 9231 3837.**

## Should I wear my PRAFO in the shower?

Please ask your doctor if you are allowed to remove your PRAFO for showering. If cleared:

- Always sit down in the shower
- Remove the PRAFO when you are seated
- Whilst still seated, re-fit your PRAFO (instructions below)

If you cannot remove your PRAFO, you will need to ensure it does not get wet. You can wrap your leg in a plastic bag or have a sponge bath instead of showering

## Care for your PRAFO

- Do not remove the foam liner from the plastic shell, unless discussed with your Orthotist
- Wear a long thin sock under your PRAFO to keep the foam liner clean
- If walking outside, place a pillow case over your PRAFO when in bed to keep your sheets clean
- Check for red marks or rubbing and contact your Orthotist if it does not go away after 5 minutes

## Application and removal

The PRAFO can be applied while lying in bed or while sitting at the side of the bed

## Applying the PRAFO:

1. Widely open the padding on the calf and foot straps and place your foot into the PRAFO



2. Ensure that the bottom of your heel is on the floor of the device, and your calf is in contact with the calf section



3. Wrap the foot and calf straps firmly around the leg and fasten using the Velcro.
- Ensure the straps are done up firmly to prevent the foot from pulling out of the device

- Check that the foot is still resting flat on the foot plate and your heel can be seen from the side



4. Move the "rotation bar" to the outside of your leg when you are resting in bed. This ensures your knee and hip stay aligned, protecting your ankle.

- Ensure that the rotation bar is folded away prior to mobilising.



## Removing the PRAFO:

1. Undo all straps.
2. Undo the padding and open up wide
3. Lift your leg forward out of the PRAFO