

USER MANUAL

AFO PRAFO Adult Standard
Kodel G-Metal



OS650SKG

Fitting Instructions

The PRAFO® is a product proven with thousands of fittings since its launch in the USA in 1990. To be useful and effective it needs thoughtful fitting – a straightforward process once you know how.

It's easiest to fit the PRAFO® with the patient on a bed or an examination couch. Start with all the straps released and the Kodel liner fully opened out.

1. Flex the patient's knee, relaxing the gastrocnemius muscle.
2. Dorsiflex the foot to approximately 90 degrees.
3. Place the patient's foot onto the foot segment of the PRAFO® and try to position the heel toward the metal heel bar – the patient's heel should be placed as close as possible (a finger-width gap should do) to the metal bar without actually touching it. This is an important task.
4. It's important to avoid plantar flexion of the foot. This will cause misalignment of the PRAFO® on the foot. If the patient has an existing deformity you should consider the 652SKG or 652SKG to accommodate this.
5. Once the foot is positioned, close the soft Kodel liner over the top of the foot and check that the resulting surface of the liner is smooth and consistent.
6. Secure the middle one of the three Velcro straps.
7. Re-evaluate the positioning of the posterior heel and then secure all dorsal straps and the calf strap.

NOTE: that the straps should be firmly tightened – some judgement is needed – too loose and the foot and heel will not remain correctly positioned. Instruction given to nursing, physiotherapy staff or others involved in providing care should stress the need for straps to be firmly tightened.

Re-evaluate the foot position for the following

- Sole of the foot should meet the plantar surface of the orthosis – including calcaneus.
- Heel clearance should be visible through the posterior opening – If not, reapply.

Making Adjustments

To adjust for dorsi/plantar flexion

You can adjust the posterior aluminium bar by hand bending – however an orthotist should be your first choice for this adjustment. An orthotist has contouring instruments to achieve precise control of the dorsi/plantar flexion angle.

To adjust for toe extension / protection

Loosen the two most anterior screws in the base and reposition the extension plate under the phalanges to the desired length. Additional extension may be obtained by heating the plate with a heat gun to re-contour (orthotist only).

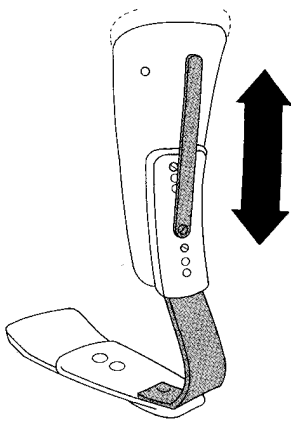
To adjust rotation control bar

Pivot the bar medially to offset any internal rotation of the hip.

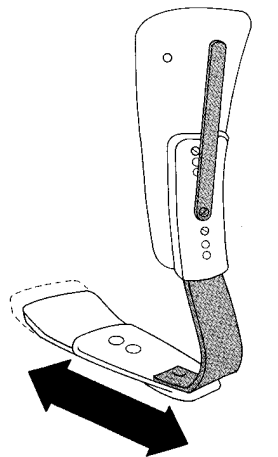
Pivot the bar laterally to offset any external rotation of the hip.

To adjust PRAFO for additional height

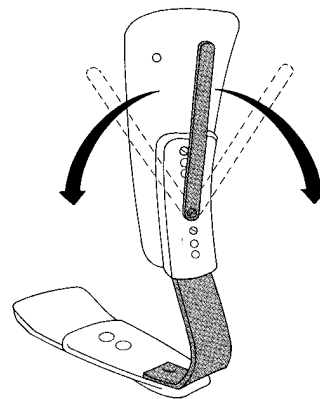
Remove the screws from the calf segment and lengthen – it may be necessary to adjust the contour of the heel bar in these circumstances. Consult your orthotist.



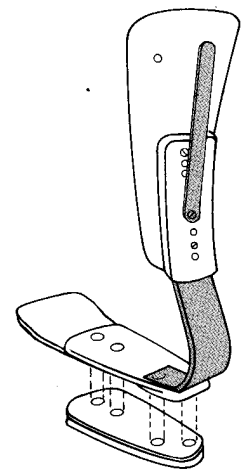
Calf Segment adjusts vertically for length.



Toe Extension adjusts horizontally for length.

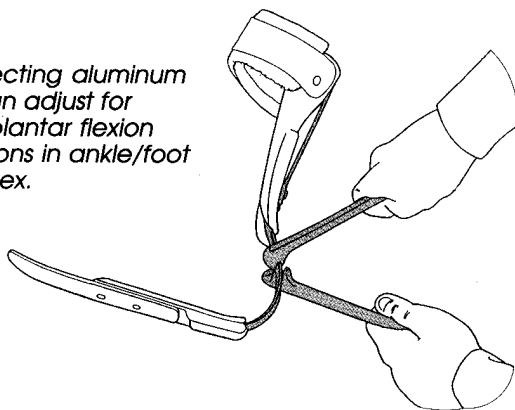


Rotation Control Bar controls unwanted hip rotation.

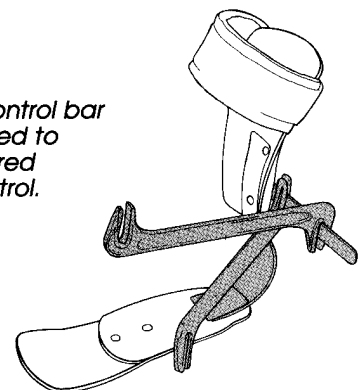


The walking base attaches with four screws.

Connecting aluminum bar can adjust for dorsi/plantar flexion variations in ankle/foot complex.



The aluminum antirotation control bar can be adjusted to maintain desired rotational control.



Note

This guide is intended for the upkeep of a PRAFO® for a single individual.
The PRAFO® should not be loaned or shared with anyone else.
Multiple users of one PRAFO® are at risk of developing an infection.

Cleaning the Kodel Liner System

The liner used with the PRAFO® is a 100% Polyester (Fortel Polyester Superweight Premium) pile material.

The backing is 100% polyester.

The material is non-allergenic, flame resistant and machine washable.



Item can be safely hand washed.

Machine washable on a delicate setting.

Water temperature should not exceed 65 degrees Centigrade (150 degrees Fahrenheit).



Tumble dry on a cool-low heat with the fleece pile being brushed or teased before re-using.
Alternatively, air dry on a washing line or rack.

Frequent washing of the liner of the PRAFO® will reduce its thickness and eventually its effectiveness. Replacement liners are available from Allied Medical.

Cleaning the PRAFO®

This assembly uses an injection moulded, polypropylene calf and a foot segment with a toe extension. The metallic sections are aluminium and are connected to the polypropylene segments with nickel-plated brass screws. A neoprene and polypropylene walking base is attached with nickel-plated brass retainers and stainless steel screws.

Remove the Kodel liner from the PRAFO frame.

The PRAFO can be cleaned using warm water and detergent or by swabbing with a mild Hypochlorite solution (up to 10,000 parts per million available chlorine).