

SAMPLE ANKLE FOOT ORTHOSIS WEAR SCHEDULE

All wear schedules are different and you should follow what your orthotist or physician advised. Some children will progress at different rates.

Day 1 and 2	Wear AFO for 30 minutes, 2-3 times a day. Monitor skin before and after wearing AFO.
Day 3 and 4	Wear AFO for 60 minutes, 2-3 times a day. Monitor skin before and after wearing AFO.
Day 5 and 6	Wear AFO for 90 minutes, 2-3 times a day. Monitor skin before and after wearing AFO.
Day 7 and 8	Wear AFO for 3 hours, 2-3 times a day. Monitor skin before and after wearing AFO.
Day 9 and 10	Wear AFO for 6 hours straight. Monitor skin before and after wearing AFO.
Day 11 and 12	Wear AFO for 8 hours straight. Monitor skin before and after wearing AFO.
Day 13 and 14	Continue to increase the time interval until the AFO is being worn for the prescribed amount of time. Continue to monitor skin before and after wearing AFO.

Please watch the AFO video on details of how to monitor your child's skin.

If you'd like additional information, consult your doctor, orthotist, or physical therapist. Here is a resource with further information on AFOs: [Ankle foot orthosis \(AFO\)](#).