

What do I do if I notice a problem?

If you notice any deterioration with your original wound, any new areas of prolonged redness, discolouration or rubbing on the foot or leg or are concerned that there is a problem with the PRAFO, you should contact the clinical team who supplied your PRAFO for advice.

How do I look after my PRAFO?

The lining material of the PRAFO is non-allergenic, flame resistant and machine washable. Hand wash or Machine Wash on a delicate cycle. For best results was at a low temperature. Air dry or on a cool/low setting. If the liner becomes soiled and cannot be cleaned or becomes too thin to be effective you can request a replacement from your clinical team.

Clinician

Tel No

Email address

How often will my PRAFO be reviewed?

PRAFO's are usually supplied to people who have a heel or ankle wound or you are at risk of developing such a wound. As such you will be reviewed on a regular basis, the frequency of which will be determined by your clinical team. However as per the previous advice in this document, should you develop any complications with you foot, leg or the device you should notify your clinical team immediately and do not wait for your review appointment.

Contact details

Orthotics Services

Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 434229

Out of hours answer machine

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Livewell Southwest



@livewellsw

Orthotics Services



Pressure Relieving Ankle Foot
Orthosis
Information Leaflet

Introduction

Welcome to Orthotic Services, this leaflet is designed to compliment the verbal advice and information you will receive relating to the PRAFO (Pressure Relieving Ankle Foot Orthosis).

As there is a variety of information to remember, this booklet has been written as a guide for you, your family and/or your carers.

If you have any queries or questions regarding any information in this leaflet, please do not hesitate to ask a member of the team.

What is a PRAFO?

A PRAFO is a device worn on the lower leg and foot designed to assist with the management of pressure related problems to the heel and ankles. It has a sole for weight-bearing but is not designed for prolonged standing and walking.

Why have I been prescribed a PRAFO?

It has been determined that this is the appropriate device for your current needs, most likely because of the presence of a wound or concern that a wound may be developing as a result of pressure.

How long should I wear the PRAFO?

The first time the device is fitted it should be worn for a maximum of an hour and then removed to allow a check of the skin of the foot and lower leg to be completed. The PRAFO can then be re-fitted as per the instructions. The device should then be worn for a further hour and the checks repeated.

Following the initial provision the device can be worn for a maximum of six hours at a time followed by a break of 30 minutes to one hour. Your foot, ankle and leg should be regularly checked for new problems or deterioration of the problem the device has been prescribed for

How should the PRAFO be fitted?

- The patient should be in a seated position of laying on their back.
- Their hip and knee should both be bent to approximately 60° to relax the muscles at the back of the leg.
- Grasp the patient gently by the toes of the involved foot trying to bring the foot ankle to a ninety degree position or as close to this as can be achieved as depicted below.



- While maintaining the patient's foot and ankle in this position, place the (fully opened) PRAFO against the foot and leg, calf in contact with the calf segment and the foot in contact with the foot plate. As depicted below.



- Secure the patient's foot and lower leg into the PRAFO. Secure the middle Velcro® strap first. As depicted overleaf followed by the straps either side of this as well as the top strap at calf level.



Re-evaluate the positioning of the posterior heel to ensure it is floating and pressure has been removed from the affected area.

Adjust fit and re-secure strapping if necessary.