

Information for patients

Knee Ankle Foot Orthoses



Orthotics

KAFO Assessment Process

You have been referred to the Department of Orthotics to assess if a knee ankle foot orthosis (KAFO – ‘full leg brace’) is suitable for you. KAFO’s are prescribed for a number of reasons, these include:

- to realign some or all of the joints in the lower limb;
- to provide support to weakened or weakening joints;
- to prevent movement which is unhelpful or painful,
- to provide protection.

Achieving a well-fitting and well-functioning device is a complex process taking a number of months, with a minimum of 4 appointments so please read further detail on what to expect next.



What to expect

To determine the suitability of a KAFO or to ensure the most appropriate orthosis (brace/support) is provided you will initially have an assessment in our gait analysis department, 'ORLAU' (Orthotic Research and Locomotor Assessment Unit). This appointment will take around two hours. We will take a full clinical history and a thorough clinical assessment including filming you walking in the gait laboratory. Please bring a pair of shorts to this appointment, well-fitting shoes and any current or previously supplied orthoses.

If it is determined a KAFO is appropriate you will then have appointments arranged in the Department of Orthotics to undertake casting/measuring, fitting and supply of the KAFO (minimum 3 appointments, averaging 1 hour each). Again, please bring shorts to these appointments and well fitting, fastening (lace/strapped) shoes. We will give you further advice on suitable footwear at your initial appointment.

Once the KAFO has been supplied you will have a follow-up appointment in ORLAU to re-assess your walking in the device to assure its suitability. We will send you a letter when this is due.

To maintain your device in good working order it will require a six monthly service. To ensure you are not without a device you will require a second brace to be manufactured once we know your first KAFO is a success. This will be provided via the Department of Orthotics. We will send you a letter every 6 months when your KAFO's are due their service, they will need to be dropped off and collected from the Department of Orthotics, this can be in Shrewsbury or Telford hospitals if more convenient for you. We will next be in touch to arrange a suitable appointment time and date for your KAFO assessment in ORLAU.

If you require any further information prior to your appointment, please do not hesitate to contact the Department of Orthotics, otherwise the orthotist you will see during your appointment will be able to give you more specific individual answers to your questions.

If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet.
Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Below are the opening times for the department
Robert Jones & Agnes Hunt Hospital/ Tel: **01691 404442**

Reception opening times

Monday–Thursday 8.15am–5.45pm
Friday 8.15am–4.45pm

General enquires

Monday–Thursday 8.45am–5pm
Friday 8.45am–4pm
CLOSED FOR LUNCH 12.30pm–1.15pm

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The Royal Shrewsbury Hospital

Tel: **01743 261000** Ext: **3701**
Monday–Thursday 8.30am–4pm
Friday 8.30am–3.30pm
CLOSED FOR LUNCH 12.30pm–1.15pm

The Princess Royal Hospital

Tel: **01952 641222** Ext: **4224**
Monday–Thursday 9.00am–4.30pm
Friday 8.30am–12.30pm
CLOSED FOR LUNCH 12.30pm–1.15pm

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