

Charles Kuffel CPO, FAAOP
President/Clinical Director
Arise Orthotics and Prosthetics, Inc.
11855 Ulysses St. NE #230
Blaine, Minnesota 55434
(763) 755-9500
www.arise-op.com



**Creative Solution to Donning a solid AFO,
*either thermoplastic or conventional***

A common problem that I have witnessed while clinically managing orthotic patients is the difficulty patients experience when attempting to slip their foot into either a thermoplastic AFO or a shoe when attached to a conventional AFO. I have found that applying ShearBan[®] to the metatarsal area (approx. 6sq.in. of material) makes it very easy for the patient to slip his/her foot into the AFO or shoe. This is especially beneficial with metal and leather type AFOs, since polypropylene has a relatively lower Coefficient of Friction (dry) against stocking materials compared to insole materials. Incorporating the ShearBan[®] patch is a simple and beneficial modification that makes the donning experience easier for the patient. It also helps prevent problems with stockings being pulled tightly against the toes, or worse, having the toes buckle into flexion during donning. In that event, if the patient has insensate feet, they may wear the AFO with disastrous outcomes. In sum, the use of ShearBan[®] has proven to be an effective and preventative mechanism when used in this and other treatment plans for orthotic management.

