



The AF Checklist

Prior to visiting an orthotist:

- Is your orthotist certified?
This is link for the American Board for Certification.
It is their main page for practitioners:
<https://www.abcop.org/Pages/default.aspx>

- Licensed in the state?
<https://www.abcop.org/State-Licensure/Pages/state-licensure.aspx>

- Think about your current and desired lifestyle, activity level
- What kind of shoes do you normally wear? Take them to your appointment and discuss whether or not that heel angle (s) is being taken into consideration.
- Insurance - frequency?
- What if it doesn't work?
- What if it breaks?
- What if there's an anatomic change?





At your visit:

- The orthotist should evaluate your gait:
 - knee weakness
 - exaggerated
 - loss of balance
 - overall strength

- The orthotist evaluates your balance:
 - A manual muscle test should be performed to know what you need to be braced for:

- Dorsiflexion (lift toes up from ankle joint)
- Plantarflexion - pointing toes down
- Quads - extend leg while sitting and hold against resistance
- Hamstrings - extend leg and bend at knee as far as possible
- Hip flexors - bring knees to chest

- If it's decided you require a custom-made device, the process is:
 - Casting - to align ankle and knee (up to, or just below the knee)
 - Follow-up appointment to get brace
 - Follow-up as needed for adjustments (this may take several visits)
- If it's decided an Off-the-shelf brace is right for you, you should ask:
- What correction is being made to my foot and ankle, if needed?
 - Will a foot orthotic can be added to customize the foot plate?