

TOP 3 NPTE AFO TYPES & FUNCTIONS

ARTICULATED (HINGED) ANKLE FOOT ORTHOSIS

Basic considerations

Hybrid, hinged, or articulated AFOs are composed of a stiff component affixed to a patient's foot, from ankle/heel to midfoot, a hinge joint.

What are Articulated AFOs often indicated?

They allow for the mechanical support plane anterior to the ankle while still having needed/needed ankle motion.

Modifications added to these AFOs:

1. Posterior strap: a device on the posterior aspect of the AFO which supports/controls plantarflexion.
2. Dorsiflexion strap: typically a device strap on the posterior aspect of the AFO which limits restriction dorsiflexion.

What are these AFOs often prescribed?

1. When the rigid AFO (AFO-E) provides too much rigidity beyond what the patient needs.
2. Patient is but requires mechanical stability as the ankle has no motion. (ligamentous motion, sensory motor) only.
3. Patient is but lower extremity control, foot hyperextension, need for some ankle motion.

Reference:

1. Hull & Allen. *Management of Lower Extremity Prostheses: A Clinical Practice: A User Friendly Approach*. 2nd. 2014.

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