

## 注意

1. 適當地拉緊黏貼帶，太緊會影響血液循環，太鬆會導致矯形器鬆脫
2. 如穿戴後有任何紅腫、瘀傷或皮膚磨損，應立即停止穿戴及通知義肢矯形師以作跟進
3. 切勿擅自修改矯形器
4. 切勿把矯形器放近熱源，以免矯形器受熱變形
5. 請於每次覆診時帶回矯形器，以便義肢矯形師檢查及修改
6. 其他備註：\_\_\_\_\_

## 清洗方法

1. 用濕布清潔足踝矯形器



## Reminder

1. Avoid secure the strapping too tight or too loose
2. Check for any redness, bruise or abrasion after application, stop application immediately and contact your orthotist if any problem occurred
3. Do not adjust the orthosis by yourself
4. Prevent the orthosis from deformity due to heat source
5. Bring along the orthosis every follow up
6. Remarks : \_\_\_\_\_

## Cleansing

1. Wipe the orthosis with damp cloth

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足踝  
矯形器

Ankle-Foot Orthosis  
(AFO)



家長指引單張  
Parent Education Pamphlet

## 穿戴目的

- 預防足踝關節攣縮變形
- 固定足踝關節，保持功能位置，促進康復

## 穿戴時間

- 全日
- 晚間
- 休息時間
- 每隔 \_\_\_\_\_ 小時
- 日間
- \_\_\_\_\_

## 穿戴方法

1. 首先穿上長襪，因為穿襪可以使腳部保持乾爽，同時減少擦傷的機會
2. 解開所有黏貼帶
3. 按照矯形器上的左‘L’，右‘R’標記穿上
4. 從足踝後方套上矯形器，注意腳跟需與矯形器底部盡量緊貼（圖1）
5. 將黏貼帶固定，注意要以“8”字方式繫上足踝位置的黏貼帶（圖2）

## Purpose

- To prevent ankle from contracture and deformity
- To provide corrective and/or supportive force to the ankle and keep the ankle in functional position

## Application Period

- Whole day
- Night time
- Resting time
- Every \_\_\_\_\_ hours
- Daytime
- \_\_\_\_\_

## Application Method

1. Put on a long sock first, because it prevents skin injured from friction
2. Open all the strapping
3. There are markings of right ‘R’ and left ‘L’ on bilateral orthosis
4. Put on the AFO from the back of lower leg. Make sure the heel is positioned at the back of AFO as close as possible (figure 1)
5. Secure the strapping. The strapping over ankle is secured in figure-of-eight (figure 2)

圖 1  
Figure 1



圖 2  
Figure 2

