

SAFO® Orthosis Fitting Guide



1.
Pull open the
straps on your
new SAFO®.



2.
Continue pulling
open SAFO® so
that it is wide open.



3.
Keep the sides held
back and sprinkle
the inside of the
SAFO® with talcum
powder.



4.
Smooth the
talcum powder
throughout the
inside of the
SAFO®.



5.
Pull the SAFO®
firmly onto your foot,
then move ankle to
make a 90 degree
angle with foot and
pull SAFO® right
back on to the foot.



6.
Fasten straps so that the
SAFO® fits snugly
against the skin. Ensure
the front of the SAFO® is
flush against the skin.
There should be no gaps
around the top of the
SAFO® and the trimline
round the toes should be
in the middle of the big
toe joint.



7.
Once your foot is in your shoe
pull your foot back to 90 degrees
before fastening your shoe to
ensure the heel section is not
wrinkled. Your SAFO® is now
fitted correctly.