

Ossur AFO Dynamic Right Large (Pack of 1)

Össur AFO Dynamic Ankle-Foot Orthosis Instruction Manual

Model: Right Large (Pack of 1)

1. PRODUCT OVERVIEW

The Össur AFO Dynamic is an advanced Ankle-Foot Orthosis designed to provide support and improve mobility for individuals experiencing foot drop and requiring plantarflexion assistance. This orthopedic solution is crafted for comfort and stability, aiding in rehabilitation and enhancing daily activities.



Image: The Össur AFO Dynamic, a black ankle-foot orthosis, shown from a side view, highlighting its lightweight and streamlined design.

2. KEY FEATURES AND BENEFITS

- **Effective Foot Drop Relief:** Provides reliable support for foot drop, contributing to improved mobility and gait.
- **Plantarflexion Assistance:** Engineered to support plantarflexion, facilitating a more natural and comfortable stride.
- **Orthopedic Comfort:** Designed for both men and women, ensuring comfort and stability throughout the day.
- **Rehabilitation Aid:** Supports rehabilitation efforts for enhanced mobility, particularly beneficial for post-injury or surgical recovery.
- **Trusted Orthopedic Solution:** Developed by Össur, a recognized expert in orthopedics, offering a dependable solution for foot drop and gait concerns.

SIZE GUIDE

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Side	Right	Left	Right	Left	Right	Left	Right	Left
Size	X-Small	X-Small	Small	Small	Medium	Medium	Large	Large
Mens Shoe	3 - 5	3 - 5	5.5-7.5	5.5-7.5	8 - 10.5	8 - 10.5	11 - 14	11 - 14
Womens Shoe	4 - 6.5	4 - 6.5	7 - 9	7 - 9	9.5 - 12	9.5 - 12	12+	12+
Foot Plate Length	22cm	22cm	24cm	24cm	26cm	26cm	28cm	28cm

Image: An illustration of the Össur AFO Dynamic with callouts pointing to its key features: Rehabilitation Aid, Plantarflexion Assistance, Orthopedic Comfort, and Effective Foot Drop Relief.

3. SIZING GUIDE

To ensure optimal fit and performance, refer to the sizing chart below. Measure your shoe size and foot plate length to select the appropriate AFO Dynamic size.



Image: A sizing chart for the Össur AFO Dynamic, showing sizes (X-Small, Small, Medium, Large) for both right and left feet, along with corresponding men's shoe sizes, women's shoe sizes, and foot plate lengths in centimeters.

Össur AFO Dynamic Sizing Chart

Side	Size	Men's Shoe	Women's Shoe	Foot Plate Length
Right	X-Small	3 - 5	4 - 6.5	22cm
Left	X-Small	3 - 5	4 - 6.5	22cm
Right	Small	5.5 - 7.5	7 - 9	24cm
Left	Small	5.5 - 7.5	7 - 9	24cm
Right	Medium	8 - 10.5	9.5 - 12	26cm
Left	Medium	8 - 10.5	9.5 - 12	26cm
Right	Large	11 - 14	12+	28cm
Left	Large	11 - 14	12+	28cm

4. SETUP AND APPLICATION

Follow these steps to properly apply your Össur AFO Dynamic for optimal support and comfort.



Step 1: Insert the foot plate of the AFO Dynamic into your shoe, ensuring it sits flat at the bottom of the shoe.

HOW TO PUT ON THE DYNAMIC ANKLE-FOOT

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Step 2: Place your foot into the shoe, aligning your ankle and lower leg with the orthosis. Ensure your heel is seated firmly.

HOW TO PUT ON THE DYNAMIC ANKLE-FOOT

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Step 3: Secure the lower strap around your ankle, ensuring a snug but comfortable fit. Do not overtighten.

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Step 4: Fasten the upper strap around your calf, adjusting it to provide stable support without restricting circulation.

Note: The image provided (61jDDaRa99L.jpg) shows a collage of four steps. The descriptions above are based on interpreting these visual steps.

5. OPERATING AND USAGE

The Össur AFO Dynamic is designed to assist with gait and provide support during daily activities. Once properly fitted, the orthosis works by maintaining the foot in a dorsiflexed position, preventing foot drop and facilitating a smoother toe-off during walking. It also provides plantarflexion assistance, which helps control the foot's movement during the swing phase of gait.

It is recommended to wear the AFO Dynamic with appropriate footwear that accommodates the orthosis comfortably. Consult with a healthcare professional or physical therapist for personalized guidance on usage, especially during rehabilitation.



Rehabilitation Aid:
Ideal for post-injury or surgical recovery

Plantarflexion Assistance:
Designed for plantarflexion support

Orthopedic Comfort
Crafted for both men and women

Effective Foot Drop Relief:
The Össur AFO Dynamic offers reliable support for foot drop

Image: A person wearing the Össur AFO Dynamic on their right leg, walking outdoors, demonstrating the brace's integration with everyday footwear and mobility.

6. MAINTENANCE AND CARE

Proper maintenance will extend the life and effectiveness of your AFO Dynamic.

- Cleaning:** Clean the orthosis regularly with a damp cloth and mild soap. Avoid harsh chemicals or abrasive cleaners.
- Drying:** Allow the orthosis to air dry completely before re-applying. Do not expose it to direct heat sources like radiators or direct sunlight, as this can deform the material.
- Inspection:** Periodically inspect the straps, padding, and main structure for any signs of wear, damage, or fraying. If any damage is observed, discontinue use and contact your supplier or healthcare professional.
- Storage:** Store the AFO Dynamic in a cool, dry place away from direct sunlight when not in use.

7. TROUBLESHOOTING

If you encounter any issues while using your AFO Dynamic, consider the following:

- Discomfort or Pain:**

- Ensure the orthosis is correctly sized and fitted according to the sizing guide.
- Check that straps are not overtightened, which can restrict circulation or cause pressure points.
- Verify that your footwear is appropriate and accommodates the AFO without pinching or rubbing.
- If discomfort persists, discontinue use and consult with a healthcare professional.

- Reduced Effectiveness:**

- Re-evaluate the fit and strap tension.

- Inspect the orthosis for any damage or deformation that might affect its function.
- Ensure the foot plate is sitting flat within the shoe.

For issues not covered here, or if problems persist, please contact Össur customer support or your prescribing healthcare professional.

8. PRODUCT SPECIFICATIONS

Specification	Detail
Brand	Össur
Model	AFO Dynamic
ASIN	B0040OCVWC
Product Dimensions	17 x 11 x 5 inches; 8.8 ounces
Manufacturer	Össur
Date First Available	August 25, 2010
Specific Uses	Ankle Sprain (<i>Note: Primary use is for foot drop and plantarflexion support as per product description</i>)
Use for	Legs
Age Range (Description)	Above 12 years

9. WARRANTY AND SUPPORT

Össur products are manufactured to high quality standards. For information regarding product warranty, returns, or technical support, please refer to the official Össur website or contact their customer service directly. Keep your purchase receipt as proof of purchase.

You can visit the [Össur Store on Amazon](#) for more information or to find contact details.

10. ABOUT ÖSSUR

Össur is a global leader in non-invasive orthopaedics that help people live a life without limitations. For many years, Össur Americas has served an extensive range of medical professionals and worked closely with leading research and educational bodies in the field. The company maintains a strong service ethic, listening and responding to the diverse needs of its customers.



Image: The Össur logo with the slogan "LIFE WITHOUT LIMITATIONS".



[Össur OA & Injury Solutions Catalogue 2018/2019](#)

Össur's 2018/2019 catalogue showcasing their comprehensive range of OA and Injury Solutions products, including braces and supports for the hip, knee, spine, upper extremity, foot, and ankle, designed to enhance mobility and recovery.



Instructions for Use

OA EASE

[Össur OA EASE Knee Brace: Instructions for Use](#)

Detailed instructions for fitting, using, cleaning, and disposing of the Össur OA EASE knee brace. This guide covers intended use, indications, warnings, safety, application steps, removal, and care for managing knee osteoarthritis and related conditions.



Instructions for Use

CTI'3

[Össur CTI®3 Knee Brace: Instructions for Use](#)

Comprehensive instructions for the Össur CTI®3 knee brace, detailing intended use, fitting, adjustments, care, and safety guidelines for knee support and stabilization.



[Össur Prosthetic Solutions Catalog](#)

Explore Össur's comprehensive range of advanced prosthetic solutions, including liners, sockets, knees, and feet, designed to enhance mobility, comfort, and quality of life for individuals with limb loss. Discover innovative products for various activity levels.