



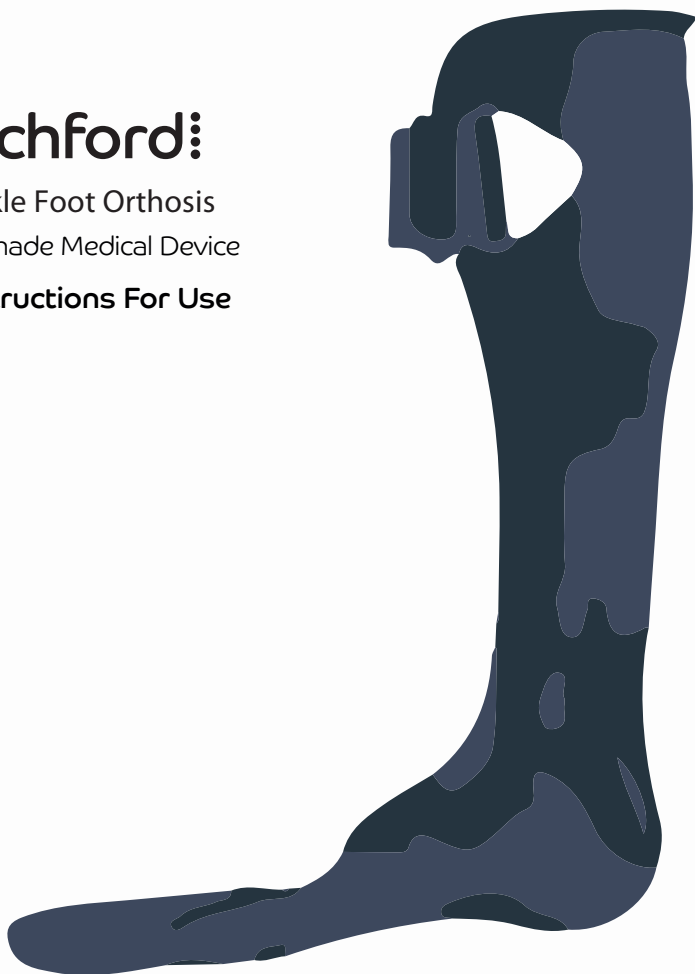
**MD**

# Blatchford:

**AFO** Ankle Foot Orthosis

Custom-made Medical Device

**EN** Instructions For Use



Blatchford is a multi-award-winning manufacturer of some of the world's most advanced prosthetic technology, bespoke seating solutions and orthotic devices. The range of Orthotic devices provided by Blatchford complements the wide variety of specialisations practiced by our mainly dual qualified Orthotic Clinicians. These specialisations include orthotics for diabetes, neurological disorders, orthopaedics, spinal pathologies, orthopaedic footwear and treatment ranges from paediatric provision through to disorders related to old age.

Our Orthotists work with both NHS Hospitals and GP referrals to supply devices that support the body, encourage active lifestyles and reduce pain or pathological developments. Blatchford uses a combination of made to measure and off the shelf devices to ensure optimum treatment effect and comfort. Digital scanning and computer aided manufacture of insoles and braces ensures that our Orthoses<sup>1</sup> are manufactured to a high degree of accuracy.

Our team of Orthotists maintains a training regime that ensures they are up to date with the latest technologies and rehabilitation thinking. This means that each patient can be provided with appropriate treatments, optimised designs and lightweight materials. We have access to gait analysis systems in many of our clinics which measures the effectiveness of chosen devices and treatments regimes

Blatchford maintains a QMS system which is ISO 9001 and ISO 13485 accredited. Blatchford AFO products and systems meet the essential requirements of EU Medical Devices Regulation 2017.

## Product Description

A Blatchford AFO is a custom made medical device. They are defined by the medical devices regulation as a device manufactured specifically in accordance with a written prescription of a registered medical practitioner, or other person authorised to write such a prescription by virtue of his professional qualification. This provides under their responsibility, specific characteristics as to its design and is intended for the sole use of a named patient. This does not include a mass-produced product which comprises a medical device and medicinal product forming a single integral product which needs to be adapted to meet the specific requirements of the medical practitioner or professional user.

An AFO can be made from different materials including thermoplastic (plastic) or thermosetting (carbon-fibre) with or without the inclusion of ankle joints or hinges. The orthotist will determine which material choice, material thickness and the inclusion/exclusion of ankle joints or hinges is best for you and for use in your own environment. You may discuss alternative options with your healthcare professional.

Blatchford AFO is designed and clinically proven to use ergonomic principles. Blatchford have taken into account the unique requirements of the intended user. Blatchford ensures all AFOs and associated components which require adjustment or operation by the user, are easily accessible and ergonomically practicable for the user.

# Safety Information



If after use of the AFO you see any red marks on your skin that are in contact with the device, which don't disappear after 30 minutes, stop using the AFO and contact your healthcare professional for advice as it may need adjusting. Should you develop any sores or blisters you should stop use of the AFO immediately.



The AFO has been designed and prescribed for an individual's needs and should only be used by that sole user.



Should you gain more than 4kg in weight after being supplied a AFO you should contact your healthcare professional as it may affect the AFOs performance



• Should your functional requirements or condition change during the life cycle of the custom AFO please contact your healthcare professional as this could affect the custom AFOs performance



• The custom AFO must be regularly maintained to the maintenance schedule in this IFU.



• Should the AFO display any unusual behaviour, changes of performance or any fittings on the device come loose please immediately stop use and contact your healthcare professional.



Repairs and adjustments to the custom AFO must be carried out by a qualified, trained healthcare professionals. Please consult a qualified medical professional should you have any problems with this custom product.



• Ankle joints can entrap fingers or clothing, be aware when operating the AFO



• May contain animal tissues such as leather. Conformity certificate is available for further details should this be required.



• Always use a handrail when descending stairs and at any other time if available.



• Any excessive changes in heel height after programming will adversely affect limb function and should be immediately reported to your service provider.



• Avoid strong magnetic fields, sources of electrical interference, atmospheres containing liquids and/or powders.



• Do not place near any heat source. Do not leave in direct sunshine or inside a car in hot weather.



The device is not intended for use when immersed in water or as a showering orthosis unless specified for this purpose by your healthcare professional.



• The device is not suitable for extreme sports, running or cycle racing, ice and snow sports, extreme slopes and steps. Any such activities undertaken are done so completely at the users' own risk.



• Ensure only suitably retrofitted vehicles are used when driving. All persons are required to observe their respective driving laws when operating motor vehicles. It is the responsibility of the user to discuss this matter with the DVLA.



• Use well fitting footwear to reduce the risk of trips



• Do not remove any serial or warning labels from the AFO .



• AFO may include flammable materials. Be aware of fire hazards where possible

## Intended Use

A custom AFO is provided to compensate for muscle weakness, paralysis or skeletal problems which cause lower limb instability. AFO is designed to:

- **Provide support to weakened or weakening joints and muscles.**
- **Realign some or all of the joints in the leg.**
- **Prevent movement which is unhelpful or painful.**
- **Provide protection.**
- **Improve stability for safe standing**
- **Improve mobility**

The most common conditions include:

- **Poliomyelitis**
- **Muscular Dystrophy**
- **Multiple Sclerosis**
- **Spinal Cord Injury**

AFOs are prescribed and designed to meet the functional loss needs of each individual user rather than to treat an individual condition or pathology. AFOs are suitable for use on one or both limbs and can be used by infants through to adulthood. AFO builds are always intended to be used inside a shoe. Any shoe to be used with the Blatchford custom AFO should be approved by the users treating medical professional to ensure it is suitable, as the heel height and pitch of the footwear can trips and falls whilst using a custom AFO.



AFOs are intended for users with a mass of 100kg or less and designed for low to medium activity levels. Your healthcare professional will advise on the optimum AFO build for your needs.

AFOs are intended for the sole use of the patient named on the conformity documentation. If the AFO is no longer required it must be safely disposed. Please follow the guidelines below.



- \* **Removal of the label**
- \* **Remove any parts which can be dismantled to reduce the risk of re-use. Follow recycling guidelines where possible.**
- \* **Ensure the healthcare professional is aware that the device is no longer required.**
- \* **Be careful of sharp edges. Always wear gloves when dismantling and ensure the AFO is secured on a table to perform the task.**
- \* **Do not re-use any components unless a healthcare professional has provided a local risk assessment.**



## Everyday Use

Blatchford AFO applies forces to the body segments to which they are attached. The interface components have been designed to avoid unacceptable pressure on and stress levels in body tissues.

We advise patients should wear long cotton socks or tights under the AFO which are:

- Well fitting.
- Un-patterned.
- Pulled up firmly to eliminate creases

When putting the AFO on daily the following steps should be taken,

1. Check the AFO joints and straps are free from debris and move/function freely.
  2. It is best to put the AFO on whilst sitting or lying down. Place your leg into the AFO ensuring your heel is right to the bottom and at the back of the AFO or shoe.
  3. Ensure the ankle joints are roughly level with the middle of your ankle
  4. Finally fasten the straps firmly.
  5. If you have a metal and leather AFO it is usually easiest to leave it connected to your shoe and put them both on at the same time
- At first the AFO may feel uncomfortable so you should gradually build up the amount of time you wear it each day. Your orthotist will tell you how long you should build up to, or what activities to wear it for.
- Always check skin contact areas for rubbing.
  - It is normal to see red marks where pressure has been applied. These should disappear within 30mins. IF NOT CONTACT YOUR HEALTHCARE PROFESSIONAL.

### Footwear Advice

- Your AFO should always be worn with ordinary enclosed footwear with a fastening, i.e. laces or hook and loop.
- Look for shoes which have a low opening as this will help to put them on. Shoes with removable insoles can offer extra depth to accommodate the AFO. Avoid highheels. The height of the heel affects the alignment of the AFO. So before changing your footwear please discuss this with your treating medical professional.

## Intended Performance of Device

**Lifting Loads:** User weight and activity is governed by the stated limits provided by third party component manufactures. Load carrying by the user should be kept to a minimum and based on a local risk assessment carried out by the treating medical professional responsible for the AFO's prescription. If carrying heavy loads is an activity of daily living, the user must inform their medical professional of this requirement.

**Environment:** Avoid exposing the AFO to corrosive elements such as water, acids and other liquids. Also avoid abrasive environments such as those containing sand for example as these may promote premature wear. AFO's are recommended for use between -10 C and 50 C (14 F to 122 F).

**Activity:** AFO's are intended to be used for standing, walking and non-weight bearing activities. They are not designed for high activity sport such as running, jumping, cycle racing or snow sports. Any such activities undertaken are done so completely at the user's own risk.

**Lifetime :** It is recommended that AFOs are evaluated by a healthcare professional after 12 months of use to determine suitability of use.

# Maintenance:

## Cleaning

Cleaning an AFO is very important for both user safety and ensuring the longevity of the medical device. The AFO should be wiped clean daily. Please note that stains caused by bodily fluids should be removed immediately. When cleaning the AFO use a soapy soft cotton cloth and gently rub with circular movements to remove stubborn dirt utilising domestically available anti-bacterial cleaning products. Do not pressure wash your AFO. For more stubborn marks a dilute bleach solution can be used: 5% bleach to 95% water. Use a clean cotton cloth to wipe the area and dry the surface of the AFO after cleaning.

**Note: These are recommended or suggested methods of cleaning. Blatchford is not responsible for damage incurred while cleaning. If you are not sure how best to clean your AFO please contact your prescribing medical professional.**

## Maintenance Schedule

### Weekly

- \* User visual inspection
- \* Inspect all over generally for any obvious signs of wear & tear
- \* Ensure straps remain well adhered and velcro is retaining fixation.
- \* No visible signs of material fatigue in the calf and thigh section. Signs include cracks, chips and stress lines in the material.

### Monthly

User check for any noise (creaks) in the joints within the device when moving the ankle joint (if present) through its full range of motion.

### Six months

We recommend each device is fully serviced by the manufacturer and any worn parts should be repaired and replaced as appropriate. Ensure all labels on the product are intact and never remove any warning or serial numbers from the device. Failure to comply may invalidate the warranty

## Warranty

For all warranty enquiries please refer the website under the warranty section.

## Label Identifier

A label is located on each custom-made medical device. Due to the custom nature of the product it may be positioned where practicable.

Blatchford! Custom-made device. MD					
Serial No.	X				
Identifier					
Location					
Product					
Description	Orthosis D of M				
Device incorporates tissues of animal origin as referred to in Regulation (EU) No 722/2012 <table border="1"> <tr> <td>YES</td> <td><input type="checkbox"/></td> </tr> <tr> <td>NO</td> <td><input type="checkbox"/></td> </tr> </table>		YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
YES	<input type="checkbox"/>				
NO	<input type="checkbox"/>				
Blatchford Limited: Atlas Way: S4 7QQ orthoticsales@blatchford.co.uk					
Blatchford Products Limited : Lister Road : Basingstoke : RG22 4AH					

**Serial No.** Quote this number with any enquiry

**Identifier.** Customer name or Initials (if applicable)

**Location.** Hospital/Clinic

**Product.** Product description

**D of M.** Date of Manufacture



**Single user Use Only**



**Must consult information for user**



**Manufacturer of Medical Device**



**Medical Device**



**MD**

Please report any serious incident that has occurred in relation to the device to the manufacturer and the MHRA

Manufacturer's Registered Address  
Blatchford Products Limited, Lister Road, Basingstoke RG22 4AH, UK.

Manufactured by  
Blatchford Limited:Atlas Way:S4 7QQ : orthoticsales@blatchford.co.uk : +44 (0) 114 263 7900