

About your ground reaction foot orthoses (GRAFO)

Surgical Appliance Department
Tel: 01271 322492

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

What is a ground reaction foot orthosis?

The ground reaction foot orthosis (G.R.A.F.O) is a rigid moulded splint that goes round the ankle and comes up the front of the leg over the top of the kneecap. This splint is used to control the foot position and cause pressure at the knee to straighten it.

It will have a full foot to the toe end, and have reinforcement at the ankle area to strengthen the splint.

What is the best type of shoe to wear?

Where possible it is best to wear a shoe with a fastening as this will hold your foot onto the G.R.A.F.O. The best type of fastening is a lace, as this is the most secure. Try to get a shoe that comes well up the instep; a trainer or similar will do this.

It is best to buy your shoes *after* you have the G.R.A.F.O as it will affect the fit of your shoes.

How do I fit the G.R.A.F.O?

It is important that the G.R.A.F.O is fitted as instructed by the orthotist or the physiotherapist.

1. For comfort, wear a cotton sock underneath the G.R.A.F.O. If possible, use a sock that is the same length up the leg as the splint.
2. Ensure your heel is well into the heel seat of the G.R.A.F.O
3. If you are fitting the splint onto a child, it is best that you hold the front of the foot with one hand and the back of the G.R.A.F.O with the other hand, whilst sliding the foot into the splint. The orthotist will show you how to do this.
4. Do the calf strap up so that it is comfortable.
5. The instep strap then needs to be done up firmly to hold the foot into the splint.

6. There may be a toe strap as well to hold the forefoot onto the footplate. This also needs to be done up firmly but comfortably.

What should I do when I start to wear a G.R.A.F.O or if I'm given a new one?

At first, wear the splint for 30 – 60 minutes. Then remove the splint and your sock and check for any red areas on the foot/leg. If these do not go within 10 minutes, then the G.R.A.F.O may need to be adjusted. If so, please contact the Surgical Appliance/Orthotic Department on 01271 322492 to arrange an appointment.

If everything seems to be all right after the first wearing then gradually increase the time you wear it until you are sure you're not going to have any problems. Eventually the G.R.A.F.O can be worn all day.

How do I look after my G.R.A.F.O?

Do

- Keep the G.R.A.F.O well maintained and have any worn or broken straps repaired.
- Keep the G.R.A.F.O away from direct heat as this can distort the plastic.
- Keep it away from pets.

Do not

- Force the G.R.A.F.O on or force the splint into a tight shoe.
- Wash the G.R.A.F.O. as hot water can affect the plastic. It can be sponged with fresh water if unlined.
- Try and adjust the G.R.A.F.O yourself as it is specifically designed for you and if adapted it may not work.
- Give your splint to someone else as it could cause problems for them.

Further information

If you have any questions or concerns about your G.R.A.F.O, please contact the Surgical Appliance Officer at North Devon District Hospital on **01271 322492**.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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