

# TOP 3 NPTE AFO TYPES & FUNCTIONS

## ARTICULATED (HINGED) ANKLE FOOT ORTHOSIS

### Basic considerations

Hybrid, hinged, or articulated AFOs are composed of a stiff component affixed to a patient's foot, from ankle/heel to mid- to forefoot.

### What are Articulated AFOs often indicated?

They allow for the mechanical support plane anterior to the ankle while still having needed/needed ankle motion.

### Modifications added to these AFOs:

1. Posterior strap: a device on the posterior aspect of the AFO which supports/controls plantarflexion.
2. Dorsiflexion strap: typically a device strap on the posterior aspect of the AFO which limits excessive dorsiflexion.

### What are these AFOs often prescribed?

1. When the rigid AFO (AFO-E) provides too much rigidity beyond what the patient needs.
2. Patient is but requires mechanical stability as the ankle has no motion. (ligamentous motion, sensory/motor study)
3. Patient is but lower extremity control/pulse, foot hyperextension, need for some ankle motion.

### Reference:

1. Hull & Allen. *Management of Lower Extremity Prostheses: A Clinical Practice: A User Friendly Approach*. 2nd. 2014.

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### **Table of Contents Afo Study Guide**

1. Understanding the eBook Afo Study Guide
  - The Rise of Digital Reading Afo Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Afo Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Afo Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Afo Study Guide

- Personalized Recommendations
- Afo Study Guide User Reviews and Ratings
- Afo Study Guide and Bestseller Lists
- 5. Accessing Afo Study Guide Free and Paid eBooks
  - Afo Study Guide Public Domain eBooks
  - Afo Study Guide eBook Subscription Services
  - Afo Study Guide Budget-Friendly Options
- 6. Navigating Afo Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Afo Study Guide Compatibility with Devices
  - Afo Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Afo Study Guide
  - Highlighting and Note-Taking Afo Study Guide
  - Interactive Elements Afo Study Guide
- 8. Staying Engaged with Afo Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Afo Study Guide
- 9. Balancing eBooks and Physical Books Afo Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Afo Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Afo Study Guide
  - Setting Reading Goals Afo Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Afo Study Guide

- Fact-Checking eBook Content of Afo Study Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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