SAFO – the silicone ankle foot orthosis
Greater stability in any situation

The Silicone Ankle Foot Orthosis (SAFO®), was designed to alleviate the symptoms of drop foot.

A simple everyday solution for drop foot

Free yourself from troublesome walking difficulties caused by loss of function.

Causes of the loss of function can include:

- Peripheral neuropathies
- Traumatic nerve damage
- Cerebral palsy
- Multiple sclerosis
- CMT
- Stroke
- Incomplete spinal injury

Indications

The SAFO offers an effective solution for mild weakness of the dorsiflexion muscles as well as patients with complete loss of dorsiflexion or active dorsiflexion affected by spasticity.

An attractive and comfortable alternative to traditional rigid AFO's, the SAFO® can improve balance, correct walking and help prevent tripping giving a newfound sense of confidence and freedom.

Conventional ankle foot orthoses generally utilise support down the back of the leg and underneath the foot. This means the patient is walking on a hard material which can lead to reduced feedback from the ground and the more rigid nature can make walking on slopes, cambers or uneven ground more difficult.

The SAFO® on the other hand provides support down the front of your leg and onto the top of your foot. This helps lift the foot during swing phase and the SAFO’s flexible silicone sole allows patients to feel minor surface changes when stepping on them.

Made entirely from silicone, the SAFO utilises a combination of different Shore hardnesses to provide support and flexibility. Worn directly on the skin, the SAFO can be worn either with or without shoes, making it suitable for any situation including swimming and showering.

The SAFO is entirely bespoke so can be tailored to each client changing the trim lines and areas of stronger silicone to resist varus or valgus on the ankle or over pronation of the foot.
The best choice for your patients: Our SAFO product designs

**SAFO Classic**
The SAFO Classic is available in 7 skin tone colours and fastens securely at the leg and ankle area with discreet, integrated hook and Velcro straps.

**SAFO Sport**
The SAFO Sport has reinforcement over the dorsum and a change of angle of the cast and trim lines compared to the SAFO Classic. It works by using the bow effect storing energy as the ankle dorsiflexes and the reinforcement compresses to release energy during push off.

They are aimed at the more active patient who wants to run in the orthosis.

**SAFO Walk**
The SAFO Walk is also available in 7 skin tones and fastens using simple hook and loop straps, making it easy to use, even for patients with impaired fine motor skills.

Simple and easy: Use, cleaning and care

A *dynamic* drop foot *solution*

*active* orthosis
A custom result: The plaster cast

1. When making the plaster negative, please ensure that the foot is flat on the ground and in 2-3° dorsiflexion for the SAFO Classic and SAFO Walk and in 90° dorsiflexion for the SAFO Sport.

2. In this position, take the necessary measurements, as per official SAFO order form.
   - Pull the stockinette over the foot and the lower leg.
   - Mark all the prominent bony structures with an indelible pencil.
   - Cast the plaster negative.

3. When the plaster negative is dry, open the plaster along the cutting aid and remove it carefully from the leg. Send the plaster negative labelled with patient name, date and clinic, as well as the official SAFO order form to Dorset Orthopaedic.

How to order

- Complete the official order form.
- Send the negative plaster mould and order form to Dorset Orthopaedic, Unit 18, Headlands Business Park, Salisbury Road, Ringwood, Hampshire, BH24 3PB
- Your SAFO will be made by hand and shipped within 10 working days.

Simple and easy: Use, cleaning and care

The SAFO is easy to put on and take off. This can be made even easier by applying a little powder or gel to the inside of the orthosis, reducing the adhesion of the silicone.

When fastening the hook and loop straps, your patient should ensure that the SAFO is in the correct position and that there are no wrinkles between the silicone and the skin.

The skin-friendly properties of silicone allow the SAFO to be worn safely for long periods of time. Patients should wash the inside of the SAFO daily after use, with warm water and pH-neutral soap.
For more information please contact the team:

**Dorset Orthopaedic**
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