

Introducing the Ankle-Foot Orthosis (AFO)

An Ankle-Foot Orthosis is a brace that is worn on the lower leg and foot to support the ankle, hold the foot and ankle in the correct position and corrects deformities. AFO's can either be custom made or pre-fabricated which means already manufactured.

AFOs are constructed of a lightweight plast material in the shape of an "L", with the upright portion behind the calf and the lower portion under the foot. AFOs are attached to the leg by straps and are made to fit inside your shoe.

AFOs are commonly used to treat disorders affecting the muscle functions. Patients who have a history of stroke, spinal cord injury, muscular dystrophy, cerebral palsy, polio, multiple sclerosis or foot drop can benefit from an AFO.

AFOs are generally fit into one of four categories: Flexible AFOs, Anti-Talus AFOs, Rigid AFOs, or Tamarack Flexure Joint. Your physican and orthotist will determine which AFO will benefit you the most. When an AFO fits properly it can help you walk and can reduce or eliminate pain.

Each newsletter publication will feature information on a device or service we offer. For more information please contact our office at 615-740-0177.



Examples of AFO's in our office.

Make An Appointment

615-740-0177

We are open Mon-Fri
8am - 4:30pm

Staff Directory

Fernando Lara

Certified Prosthetist and Orthotist

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Jackie Chevront

Vice President

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Aireal Choate

Receptionist

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Services we Offer

- Upper and lower limb Prosthetics
- Diabetic Shoes and Inserts
- Spinal Braces
- Knee Braces
- Wrist Braces
- Clavicle Braces
- Cervical Brace
- AFO, KAFO

Upcoming Events

Join us Wednesday September 5, 2012 for our Ribbon-Cutting Ceremony. 10am-Noon. Event is free and open to the public. Refreshments will be provided.

Meet Your Practitioner

On a warm, sunny day in 1982, Fernando Lara received his diploma for what would become a fulfilling journey in the field of orthotics and prosthetics. Fernando spent his childhood summers at his grandfathers ranch learning how to farm, raise cattle and fish. They were very close and when Fernando graduated from high school he decided to go into the medical field. Fernando started out in medical school with dreams of becoming a pediatrician.

Fernando was in medical school when his grandfather's health declined, suffering from peripheral vascular disease and poor circulation in his legs. In the late 70's his grandfather lost his leg at age 84. His grandfather's practitioner fit him with the top of the line model of the time - a wooden leg with a standard sized foot. Fernando watched his grandfather return to his normal activities and most importantly walk again. Because Fernando was so close to his grandfather the moment he saw his grandfather walk again he decided to change career paths into something more personal for him. The first prosthetic Fernando worked on was his grandfather's.

Fernando's grandfather was able to enjoy his ranch again because of his prosthetic leg. Three years later his grandfather passed away due to cardiac disease at the age of 88. Fernando continued working in the field, gaining valuable experience and always remembering his grandfather. In 1984 Fernando married Marcia Lara, and moved to Ohio. Marcia's father was a doctor and taught medicine at Ohio University, and was always on his feet. In 1988 he lost his leg due his diabetes. In the early 90's he became a bilateral amputee. Fernando built both of his prosthetic legs.

Fernando has first hand experience with the troubles amputees face. It has personally affected his life. "These two people in my life encouraged me to help other people, to provide the right componentry and to help patients achieve their goals. Most importantly to get back their independence," says Fernando. Fernando has over 30 years experience and is excited about the future of the field.

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Do you have a question you want answered or an interesting story to tell? Tell us!

We would like to feature your story or question in the next newsletter. Call us at 615-740-0177 or email jackie@dicksonop.com for more information.

www.dicksonop.com