Stop Holding the Tibia Back!
How to Move Forward with a Solid Ankle Foot Orthosis

Jennifaye V. Brown, PT, PhD, NCS
Clinical Assistant Professor
Division of Physical Therapy

Sit to Stand…
- Ankles under knees
- Step forward with your RIGHT foot...
- Keep your knee over left ankle
- DO NOT move your left ankle

Observational Analysis
Posterior Leaf AFO  Patellar Tendon-Bearing AFO
Control Test

Upright Motor Control Test

Ankle Plantarflexors

Knee Extensors

Hip Extensors

Motor

Plantarflexors

Ankle

Extensors

Knee

Extensors

Hip

Extensors

Velcro Application

Before

After

Inhibitive Effects of an AFO Reduced with Spandex Velcro

Before

After
Therapeutic Applications
Eccentric & Concentric
Ankle DF & PF
OKC & CKC

Key Points
Phase of Gait
Upright Motor Control Test
Velcro application & AFO Modifications
Therapeutic Interventions

Questions & Answers
Thank You!
## References


### Gait Analysis


### Strength Assessment