

## Action Statement 6: ANKLE-FOOT ORTHOSIS (AFO) OR FUNCTIONAL ELECTRICAL STIMULATION (FES) TO IMPROVE PLANTARFLEXOR SPASTICITY

<b>Action Statement</b>	Clinicians <b>SHOULD NOT</b> provide an AFO or FES for individuals with decreased lower extremity motor control due to acute or chronic post-stroke hemiplegia who have goals to improve PLANTARFLEXOR SPASTICITY <ul style="list-style-type: none"> <li>Evidence quality: II</li> <li>Recommendation strength: moderate</li> </ul>		
<b>Outcome Measures</b>	<ul style="list-style-type: none"> <li>Modified Ashworth Scale (MAS)</li> </ul>		
<b>Evidence Summary Acute AFO/FES (Level I= strongest level)</b>	<u>CLINICAL EFFECTS</u>	<b>AFO</b>	<b>FES</b>
	<b>Immediate Effect</b>	N/A*	N/A*
	<b>Therapeutic Effect</b>	Level I	Level II
	<b>Training Effect</b>	N/A*	N/A*
	<b>Combined Effect</b>	N/A*	N/A*
<b>Evidence Summary Chronic AFO/FES</b>		<b>AFO</b>	<b>FES</b>
	<b>Immediate Effect</b>	N/A*	N/A*
	<b>Therapeutic Effect</b>	Level II	Level II
	<b>Training Effect</b>	N/A*	N/A*
	<b>Combined Effect</b>	N/A*	N/A*
<b>AFO compared to FES</b>	Acute: No evidence		Chronic: No evidence
<b>Key Dose Considerations</b>	N/A		
<b>Clinical Application/Interpretations</b>	<ul style="list-style-type: none"> <li>Evidence does not support use of an AFO or FES to decrease plantarflexor spasticity in the acute or chronic phases poststroke.</li> <li>AFO or FES should not be considered as a primary intervention for decreasing PF spasticity in individuals who are ambulatory</li> <li>AFOs and FES are not contraindicated for individuals with some PF spasticity following a stroke, but there is no evidence that they change PF spasticity</li> <li>Many included studies did not include individuals with higher MAS scores (<math>\geq</math>MAS 3) and it is not known whether those individuals would have similar outcomes for PF spasticity</li> </ul>		

\*These effects are not applicable because clinical assessment of spasticity via the Modified Ashworth Scale is not feasible while AFO/FES are actively in use

