



CLINICAL HIGHLIGHTS

PATIENT-CENTERED



AN AFO CUSTOMIZED TO THE INDIVIDUAL IS BEST



AN AFO MAY BE BETTER FOR SLOWER WALKERS, FES FOR FASTER WALKERS



More meaningful improvements observed when AFO/FES combined with skilled PT



Consistent reassessments needed to meet changing needs



AFO provision early in recovery enhances participation and leads to faster progress towards goals

MOTOR CONTROL



WEARING AN AFO DOES NOT HINDER MUSCLE ACTIVATION



FES CAN IMPROVE MUSCLE ACTIVATION THROUGH A THERAPEUTIC EFFECT



No evidence that AFO or FES can decrease plantarflexor spasticity



AFO that allows plantarflexion motion may lead to greater effects on gait speed