



Anqawga macmalka ah ee cagta (AFO) waa cag fudud, macmal ah oo caag ah, kaasoo mararka qaar leh badhano iyo xargo. Waxaa jira qaabab kaladuwan oo AFOs ah, ayna ku jirto anqaw adag, mid la isa suray, leh kala goysyo, iyo sagxad. Kuligood waxaa loo sameeyay inay taageero siiyaan ayna toosiyaan anqawga iyo cagta. AFOs ayaa isku aadiya cagta iyo anqawga, waxay siiyaan xasilooni waxayna ka caawiyaan xamilida miisanaka iyo dhaqdhaqaaqa.

Xirashada AFO

1. Stockinette ama sigisaanta suufka ah oo ka saraysa ningaxa xarigaaga.
2. Dabci dhammaan xargaha AFO.
3. AFO-ka geli meesha, adoo xaqiijinaaya in ciribtu ay ku wada jirto AFO. Si aad u xaqiijiso in ciribtu ay gudaha ugu jirto AFO sida ugu macquulsan, leexi lawga, oo cadaadis yar saar cagta dhulka saaran.
4. Adkee xariga anqawga (ciribta) adoo saaxaaya cadaadis ku filan si aad cagta uga ilaaliso inay bariiqato.
5. Adkee suunka anqawga si aad u adkayso AFO.
6. Kabta geli cagta iyo AFO. Adkee ama xir kabta si aad uga difaacdo in AFO kasoo siibto dhanka ciribta. Kabaha xoogaa balaaran ee wayn ayaa loo baahan karaa si aad cagta iyo AFO u geliso. Kabaha leh xariga marada ah (sida noocyada Velcro) iyo kabaha duleelkooda suulasho balaaran yahay ayaa badanaa fudud in lagu gashto AFO.

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at 651-229-3890.