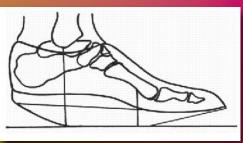
## Orthotics & Biomechanics





# The Biomechanics of Ankle-Foot Orthoses

**Properly designed devices can positively** affect gait.

## Goals and Objectives

1) To provide an overview of the various mechanisms of action of ankle-foot orthoses on the lower extremity.

2) To compare the effects of solid versus articulated ankle-foot orthoses on the knee and midfoot joints.

3) To review research relevant to ankle braces and ankle-foot orthoses and their effects on balance and proprioception.

4) To provide evaluation, prescription and casting guidelines to optimize treatment outcomes with anklefoot orthoses.

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Following this article, an answer sheet and full set of instructions are provided (p. 182).—Editor

### By Douglas H. Richie Jr. DPM

### Introduction

Prior to 1995, the dispensing of ankle-foot orthoses (AFOs) by podiatric physicians was a rare occurrence. Despite the fact that podiatric medical education provided stellar training in lower extremity biomechanics and taught the pathomechanics of virtually every neuromuscular disease, treatment options utilized by podiatric physicians in the '70's thru '90's were limited to foot orthotic therapy and shoe modifications.

In 1995, a modified version of *Continued on page 174*