

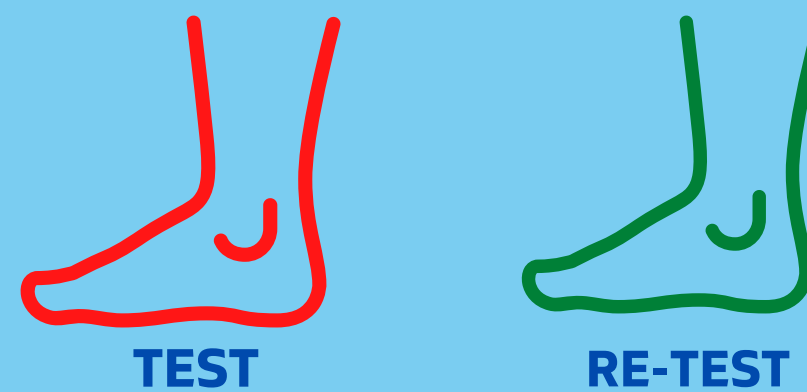
# CLINICAL EFFECTS OF AN AFO/FES

Defining and applying the various effects of an AFO/FES to your patient

The scope of the Clinical Practice Guideline for the Use of Ankle Foot Orthoses and Functional Electrical Stimulation Post Stroke is intended to provide evidence on the effects of an AFO or FES on important outcomes across the ICF, to define these effects based on the intended goal, which may include the use of the device as a compensatory strategy or as a means to promote recovery in the acute vs chronic period after stroke.

## IMMEDIATE EFFECT

**What it is:** Testing without an AFO/FES, followed by re-testing immediately after donning an AFO/FES



- Measures immediate gait changes from the device
- Critical effect for patients with limited ability to follow up with therapy

## TRAINING EFFECT

**What it is:** Testing with the AFO/FES, followed by a period of use with the AFO/FES, then re-testing with the AFO/FES



- Addresses goals of improving gait with an AFO/FES donned
- Can indicate gait improvements\* with the AFO/FES

## THERAPEUTIC EFFECT

**What it is:** Testing without the AFO/FES, followed by a period of use with the AFO/FES, then re-testing without the AFO/FES



- Addresses goals of improving gait without an AFO/FES donned
- Can indicate gait improvements\* without the AFO/FES donned

## COMBINED EFFECT

**What it is:** Cumulative effects of both the immediate and training effects (Immediate + training effect = combined effect)



- Addresses goals of improving gait with use of an AFO/FES
- Can indicate gait improvements\*

**GREEN** image= denotes an AFO or FES donned  
**RED** image = denotes no AFO or FES

Notes:

- The Clinical Practice Guideline for the Use of Ankle Foot Orthoses and Functional Electrical Stimulation Post Stroke does not make recommendations on types of AFO/FES to use
- Providing a device without intervention or practice may limit an individual's ability to fully achieve potential gains
- Clinicians should use outcome measures that are most responsive to the benefits of an AFO/FES for appropriate assessment of baseline mobility and long-term outcomes
- Periodic assessments are important, as needs may change over time

\*Improvements can be at the functional and/or impairment level