A GUIDE TO YOUR

re/vive

DYNAMIC AFO BUILT WITH PDE™

PATIENT INFORMATION



ABOUT THE AFO

What is a Re/Vive™ AFO?

A Re/Vive™ is a complete AFO fabricated by Fabtech systems with PDE™ technology. Specifically developed to address mobility impairment secondary to neuromuscular diagnoses, the Re/Vive™ is intended to improve standing and walking stability, efficiency, and safety. What sets the Re/Vive™ apart is its modular, easily adjustable system that adapts to your changing needs.

Every Re/Vive™ AFO is custom-built by Fabtech Systems in Everett, WA using lightweight carbon composites. It absorbs impact at heel strike, stores energy throughout the stance phase, and releases it at toe-off—supporting a more natural gait.



Get To Know Your AFO | Features and Benefits

Redefine What's Possible
Walk with greater efficiency and stability.

Participate in higher impact activities such as running.

Modular Design
Update your AFO as your needs change. Providers can easily replace parts without getting a whole new AFO.*

Clinically Trusted
The PDE™ spring system has been delivered to a large patient population world-wide with positive results.

Adjustable Alignment
Adjust alignment in all directions to improve walking mechanics and overall function.*



Multiple PDE™ Stiffness Categories
Change the spring stiffness to accomodate walking mechanics and different activities.*

Low Profile
Slim & unobtrusive design fits easily under clothing and into shoes.

Reliable
Consistently delivering top performance and durability over time.

Made in the USA
PDE™ parts are manufactured, tested, and assembled in the USA.

** Note: Changes require your Orthotist for proper evaluation*

SUPPORTIVE CLOTHING AND ACCESSORIES

Socks

Wear long socks or tights with a snug fit underneath the AFO to reduce friction, wick sweat, and minimize the likelihood of skin irritation/breakdown.

Undersleeves

We believe the best outcomes and maximum comfort are achieved when using a dedicated undersleeve with your Re/Vive™ AFO. To help you get started, we're including a complimentary Bracesox™ brand undersleeve with your new Re/Vive™ AFO.



Bracesox®
Your partner for brace comfort The Original

TO ORDER ADDITIONAL UNDERSLEEVES, SCAN OR VISIT BRACESOX.COM. BE SURE TO MENTION THAT YOU PAIR THEIR UNDERSLEEVES WITH THE FABTECH SYSTEMS RE/VIVE™ AFO.

Shoes

You may likely need to buy new shoes that fit the Re/Vive™ AFO. Old, worn-out shoes may reduce the efficacy of the Re/Vive. Generally, a size wider and up to a size longer is sufficient. Ordinary trainers (tennis shoes) work best. Look for shoes with laces that reach down as far to the toes as possible, or shoes that are deep and have adequate width (taking the insole or sock liner out of the shoe creates extra space for the AFO).

Tip: Take your Re/Vive™ AFO with you when you buy shoes.

Warning: Do not wear your Re/Vive™ AFO without shoes as it can be slippery and hazardous.



Ideal Shoe:

- 3/8" Soft Cushioned Heel
- Soft Sticky Tread
- Sprung Toe Box
- Wide Toe Box

Heel Wedges

Your AFO may come with heel wedges which provide proper alignment when the ankle is no longer able to do so. If required, it is an essential piece for the system to work properly and safely. Heel wedges may be provided for one or both feet depending on your presentation. Wedges can be easily replaced and duplicated, and may need adjustment for different shoes. Consult your orthotist for more information and assistance, if and as needed.

DONNING & DOFFING THE AFO





Putting on your Re/Vive™ AFO

1. Sit down to put on your Re/Vive™ AFO. Pull up your socks and make sure there are no wrinkles in them.
2. Put on your undersleeve (if you have one) and position it with enough material to roll over the top of the cuff.
3. Slide your leg into the AFO and place your heel at the back of the footplate.
4. Secure any straps to the appropriate tightness, as specified by your orthotist.
5. Don your shoe, using a shoe horn to preserve the structure of your shoe, if needed, and secure the laces/fastening system appropriately.



Note: If heel wedges have been provided by your clinician ensure they are in your footwear as advised. Do not wear your device without the heel wedges as it will result in an alignment which can cause discomfort and pain. If you are missing your heel wedges, please contact your clinician for a replacement.

FREQUENTLY ASKED QUESTIONS

How long should I wear my Re/Vive™ AFO?
At first, the Re/Vive™ AFO may feel unfamiliar as your body acclimates to using the device. Please follow the break-in schedule provided by your orthotist. A sample schedule may look something like the following:

- Day 1: 30-60 minutes
- Day 2: 1-2 hours
- Day 3: 3-4 hours
- Day 4: 4-5 hours

Your clinician will provide a break-in schedule for you to follow and instructions on what activities are appropriate to utilize the Re/Vive. Some people may wear the Re/Vive™ AFO for a few hours, while others may wear it all day, or just for specific activities.

What should I look out for?

You should check the skin around your foot and ankle and where the calf cuff contacts your skin every time you take off the AFO. If you notice any sores, signs of irritation, discoloration, or blistering, stop using the AFO and contact your care provider for advice, as it may need adjusting.

Can I run in my Re/Vive™ AFO?
Yes, you can run in your Re/Vive™ AFO. However, adjustments, fit, and proper training are highly recommended. This requires close collaboration with your orthotist and coordination with a physical therapist.

Is my AFO waterproof?
Yes, the Re/Vive™ AFO is safe to submerge in fresh and saltwater. If used in salt water, rinse the AFO off as soon as possible with clean water to remove salt and any corrosive elements as soon as possible.

How long will my AFO last?
Just like a car or a bicycle, these devices require maintenance and repairs over time. How long your device lasts depends on usage and how well it is maintained. It is critical to regularly inspect your AFO and report any suspected damage or wear to your orthotist for further evaluation.

Do I have to use the included heel wedge? What if I lose it?
Yes. Corrective heel wedges create optimal alignment when the ankle can no longer do so.

Wedges are easy to replace and may need adjustments to accommodate different footwear. If a heel wedge is lost, contact your provider for a replacement.

CARE AND MAINTENANCE

Cleaning

Most orthotic devices can be cleaned with mild soap and warm water using a cloth. Rubbing alcohol may be used for disinfection. The device should be towel dried and allowed to thoroughly air dry. Keep the brace away from excessive heat to prevent damage to the device.

Storage

Do not leave your brace in a hot car, near a radiator or fireplace, etc. as the foams and plastics used can deform in high heat.

Damage & Wear

Inspect your device regularly for signs of damage, wear, or changes in function, including cracking, unusual clicking or other noises, loose screws or components, or changes in fit or performance.

If you notice damage, loose components, unusual noises, or any change in the function of the device, discontinue use and contact your orthotist for evaluation before resuming use. Do not attempt to tighten, modify, or repair the device yourself unless specifically instructed by your orthotist.

The Re/Vive™ AFO has been designed with serviceable and replaceable components. Inspection, adjustment, repair, or replacement of components should be performed by a qualified orthotic professional.

We recommend you inspect your Re/Vive AFO and follow-up with your orthotist regularly.

⚠ **Do not attempt to modify your own AFO. Doing this will void the warranty.*

Tuning & PDE Spring Adjustments

Your Re/Vive™ AFO is designed for adaptability, ensuring optimal support and performance. The PDE™ springs can be adjusted to match your activity level or accommodate changes in your condition, providing a customized fit over time. However, these adjustments require precise evaluation and expertise. A certified orthotist must assess and perform any tuning to maintain the device's functionality, safety, and effectiveness. If you experience changes in mobility or comfort, consult your provider to determine if an adjustment is needed.

Follow Up With Your Provider

Following-up with your orthotist is the key to long-term success with your AFO.

Along with re-evaluating your Re/Vive for proper fit and function, regular follow-up allows your provider to re-assess your treatment goals.

Are you ready to take on new challenges? Stay in contact with your provider and check in on a regular basis. If something is not right, please notify your orthotist and schedule a follow-up appointment to address your concerns.

STAY CONNECTED



Have you experienced the positive benefits of a Re/Vive™ AFO?

Tell us your story! We would love to help spread the word and make more possible for people with mobility challenges.

Contact us or tag us online: #reviveafo #pde #fabtechsystems



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As a subscriber, you'll receive exclusive updates, insights, and special offers directly to your inbox. We're committed to bringing you the best information and resources to help you make more possible.

Visit the patient resource page at Fabtechsystems.com for more information:
fabtechsystems.com/patient-resources/

THANK YOU FOR CHOOSING RE/VIVE™ / REDISCOVER WHAT'S POSSIBLE

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