

## WANT YOUR AFOS VISIBLE ?

In today's world, showing your imperfections is viewed as a sign of strength. We are flooded on social media with filtered selfies people want us to see of their "perfect" bodies & "perfect" skin. Most smart people see through this & know that perfection does not exist.

In fact, some of the most followed & admired Instagram accounts are those of celebrities & models with visible disabilities. Being real & authentic is in; trying to be perfect is definitely out. If you choose to wear your new AFOs on the outside of your clothing, go for it. By embracing your uniqueness and walking with confidence, you're a guaranteed magnet for new friends and experiences.

## WHAT SHOES CAN I WEAR?

You can wear any shoe that fits your AFO and feels comfortable walking in. Every person is different and there are many types of AFOs. Some AFO wearers stick with strictly flat shoes, whereas others are able to wear a wedge or even platform.

## WANT YOUR AFOS INVISIBLE ?

You can still be a confident person & choose to conceal your afos. People who use wheelchairs or walkers, do not have the option of choosing whether or not to show their disability. But, if AFOs are your only mobility device, then the choice is yours.

There are many ways to conceal your afos with clothing or by covering the AFO itself. Depending on the type & brand of the afo you have, you can wear more types of clothing than you might think. Women wear everything from short dresses with tall boots to slim leg jeans over their AFO. Men have an even easier time, as the majority of menswear completely covers AFOs.

## WHERE DO I SHOP ?

The AFO is your support ....you won't need special insoles or expensive comfort shoes. You will need wide width shoes with enough depth to comfortably fit the brace. There are many places selling trendy wide width shoes. Visit [Trend-ABLE.com](https://www.trend-able.com) for links to AFO-friendly outfits as well as tips, tweaks & inspiration aimed at empowering women who wear afos & have invisible physical challenges.



**Trend-ABLE & HNF Present**

# EMBRACE IT!

**an AFO lifestyle guide**

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## SO YOU HAVE LEG BRACES, NOW WHAT?

If this is your first pair of AFOs (Ankle Foot Orthosis), you may be feeling a mixed set of emotions. On the one hand, you want to improve your walking and/or balance, and on the other hand, you may be worried about what life will now be like with a mobility aid. You are not alone. People of all ages and demographics had similar feelings when they started wearing AFOs.

### Sara, age 28

*"When I got my first pair of braces, I cried and didn't wear them for another month...I didn't want to look disabled and thought they would show...I used to wear cute heels...now what would I wear?"*

### Amber, age 49

*"I remember being very worried about what kind of shoes I would be able to wear. But, I was relieved to stop falling all of the time. Before, I couldn't walk the length of a mall without resting because each step felt like my foot was 500 pounds."*

### Douglas, age 37

*"I hesitated getting AFOs for many years. I was worried they would prevent me from being able to play outside with my kids. Boy, was I wrong. If anything, I can play longer without my legs getting tired."*

### Sydney, age 16

*"I didn't know what to think. I asked the doctor if I could still wear sandals...he didn't really answer me. That freaked me out."*



*\*Disclaimer: HNF does not endorse a certain AFO company. Individuals should research the type of AFOs that work best for them.*

Visit [www.hnf-cure.org](http://www.hnf-cure.org) & [www.Trend-Able.com](http://www.Trend-Able.com)

## I'M AFRAID PEOPLE WILL STARE AT ME ...

Everyone has something. This does not define you. You are the same person as you were before.

When we are insecure about something, we think others see it and are silently judging. In reality, most people are too busy in their own heads to notice anything.

If someone does ask you about the way you're walking or seems to be staring, it's most likely just curiosity and not judgment. If you want to provide information like, "These are called AFOs..they help me balance better" or provide additional information about your condition, that is completely up to you. Some people choose to wear AFOs over their clothing and some AFO wearers choose to conceal them underneath clothing.



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