Activity	 Swedish AFO (e.g., Push AFO)	 Carbon Fiber AFO	 External Shoe-Mounted AFO	 Rigid Plastic AFO	 Functional Electrical Stimulation
Walking	Assists foot lift while allowing full ankle motion, including dorsiflexion past 90°	Lifts foot and adds spring, but limits ankle motion	Lifts the foot during swing to prevent toe drag	Holds ankle in a fixed position	Stimulates muscles to lift the foot
Stairs	Allows ankle to bend naturally when going up or down, allows the ankle to move past 90° for normal gait	Can feel stiff and limit smooth stair use	Helps clear toes but relies on shoe position	Makes stairs difficult due to no ankle bend	Can work well if stimulation timing is effective
Uneven Ground	Adapts well due to flexibility	Less adaptable; may feel rigid	Adapts fairly well but depends on shoe stability	Poor adaptability	Variable depending on surface and response