



FOOT ORTHOSES

While being fit with your foot orthoses, your Orthotist will instruct you on how to wear and use your orthoses effectively. Some points to remember:

STOCKINGS

Make sure to have proper stockings, wear clean cotton or diabetic stockings. Make sure to smooth out all wrinkles, they can cause irritation or breakdown over time.

SHOES

- Always wear shoes that are designed to incorporate the foot orthoses. It may be necessary to wear a larger or wider shoe with the foot orthoses. Many popular athletic or walking shoes have removable inserts, which should be removed, before using the foot orthoses in the shoe. Shoes with worn heels or soles will affect how the foot orthoses functions.
- Place the new insert into the shoe by sliding the front portion into the shoe and pushing squarely down on the heel portion. Make sure that the insert has seated completely into the shoe. Also feel with your hand for any wrinkles or bunching before putting foot into shoe. Slide the foot into the shoe and securely tighten the laces/Velcro.

SELF EXAMINATION

This is a very important part of the process, you cannot rely on feeling alone. Always remove shoe and stocking, then perform a visual inspection of your entire foot.

WEAR SCHEDULE

DAY 1-----1 HOUR

After wearing your custom-made foot orthoses for one hour, remove the shoes and stockings and look at the skin on both feet (sides, top, bottom, back of heels, and legs). Use a mirror if you have trouble seeing the backs and bottoms of your feet. If you see red marks, this means pressure. Check the time it takes for the marks to disappear. **These marks should disappear within 15 minutes**, if not discontinue wear and contact your Orthotist.

DAY 2-----2 HOURS

After wearing your custom-made foot orthoses for two hours, remove the shoes and stockings and look at the skin on both feet (sides, top, bottom, back of heels, and legs). Use a mirror if you have trouble seeing the backs and bottoms of your feet. If you see red marks, this means pressure. Check the time it takes for the marks to disappear. **These marks should disappear with 15 minutes**, if not discontinue wear and contact your Orthotist.

ADD 1 HOUR EACH DAY UNTIL FULL TIME WEAR IS ACHIEVED GENERALLY IT TAKES 2 WEEKS.



FOOT ORTHOSES CONTINUED...

NO SPORTS OR RUNNING IN THE INSERTS UNTIL FULL TIME WEAR!!

Adhere to the wear schedule. Remember your feet need time to adapt to the new pressures and demands being placed on them by the new inserts. The goal is to break in the inserts without breaking down your foot!

MAINTAINANCE

- Inspect the foot orthosis daily for cracking, separating, or decreased effectiveness. DO NOT attempt to modify the orthosis on your own. Contact your Orthotist for an appointment.
- You may wipe down the foot orthosis with a damp cloth to clean it. The orthosis should be completely dry before using it.
- Follow-up appointments are necessary to help maintain proper function. The fit and function of the orthosis should be checked annually. Please follow your Orthotist's recommendations for additional recheck appointments. Some people express difficulty in finding a proper size shoe to wear with the orthosis. It may be necessary to wear a larger and/or wider shoe with the orthosis. Normally one full size larger is sufficient. The toe area should be deep and wide. It should not press or rub against the toes when worn with the orthosis.

If you have questions or concerns about your shoes or foot problems, please contact your Orthotist.