

Instructions for Wearing Orthosis

We hope you are excited to be receiving your new orthotic devices. These orthotics have been manufactured using the latest computer technology and materials available.

It will take approximately 1-6 weeks for you to become accustomed to wearing your orthotic devices. During this adjustment period it is not unusual for there to be some discomfort in the form of foot or leg cramping, or direct irritation from the orthotics.

To minimise any discomfort and assist you in looking after your orthotic devices the following instructions will be helpful.

How to Wear in your Orthotic Devices

As a general rule, we recommend you wear your orthotic devices gradually. For example: for one hour on the first day, two hours on the second day and increasing in this manner until you are wearing them all day. If you are comfortable you may wish to wear the orthotic devices for more time initially, or you may need to adapt more slowly, wearing the orthotic devices only half an hour a day initially. Children usually adapt more rapidly than adults. Running or sporting activity should not be commenced with orthotic devices until you are wearing them comfortably all day, or on the advice of your podiatrist.

Footwear and your Orthotic Devices

New shoes should be considered if your shoes are excessively worn. This will ensure optimal function of your orthotic devices. The innersole of the shoes should normally be removed so that the orthotic devices sit better. The heel of the orthotic device should sit firmly against the back of the shoe. Wearing socks or stockings will minimise discomfort and any skin irritation.

Cleaning your Orthotic Devices

Orthotic devices may be cleaned with soap and lukewarm water. Exposing them to excessive heat or hot water may damage them and cause the covers to become unstuck and lift away from the devices.

Check-Ups

For your first pair of orthotic devices, your podiatrist will recommend how many times they wish to see you in the first three months. After this time it is recommended to have an orthotic review every six months with your Podiatrist in order to ensure your orthotic devices are working or if any adjustments may be needed.

If you have any questions please do not hesitate to contact your Podiatrist.

Thank You for choosing Feet First Podiatry

