

FOOT ORTHOSES

A Guide for Patients

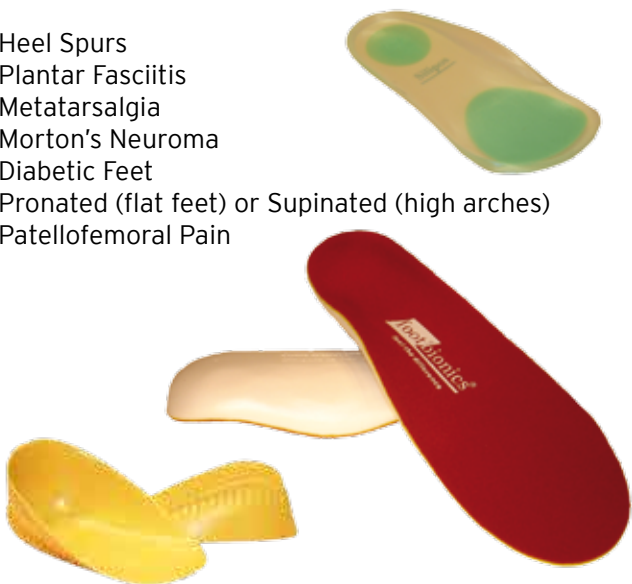
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INTRODUCTION

Foot orthoses (orthotics, insoles) are prescribed for a variety of reasons. Most commonly they are used to realign the feet, or unload areas of pressure and pain. Foot orthoses are used to treat conditions such as:

- Heel Spurs
- Plantar Fasciitis
- Metatarsalgia
- Morton's Neuroma
- Diabetic Feet
- Pronated (flat feet) or Supinated (high arches)
- Patellofemoral Pain



Consulting Orthotist

Clinic Attended

Date Attended

HOW TO WEAR

It is important to start wearing your custom made foot orthotics correctly. Your Orthotist will be able to recommend the right protocol for you.

If you have never worn foot orthoses before:

Protocol .1.

On the first day only wear them for one hour. This is because the orthoses have changed the alignment of your feet, knees, hips and back and your body needs Time to get used to these changes. There is also new pressure on the feet which may feel unusual to begin with.

Each day increase the amount of time you wear the orthoses by around one hour i.e. 2 hours on the second day, 3 hours on the third day etc. If you find this is too much too soon, decrease the time to only 30 minutes extra per day.

Running or high impact exercise is not recommended during the wearing in period.

Protocol .2.

As you are already used to the change of alignment, wear your foot orthoses as tolerated. Be aware, however, not to wear them too much too soon as they may still be different to past orthoses.

Some patients will also find that wearing your new foot orthoses is much more comfortable than not wearing them. If this is the case, once again wear them as tolerated, but still be careful due to the changed alignment of other joints.

HOW TO WEAR

After The Wearing In Process

By the end of about 2 weeks you should be able to comfortably wear the orthoses for about 8 hours. If you find that you are not comfortable or that the foot orthoses are causing pain it is very important to return for a review appointment at no cost to you.

You have 8 weeks of free review/alteration from the date that your orthoses are fitted. After this time a consultation fee will be charged.

Precautions

It is important to closely monitor any changes that occur in you feet, knees, hips and back while wearing your foot orthoses. If after wearing them in correctly you find that they cause pain in any of the joints above the feet, contact your Orthotist as soon as possible.

It is possible that in this case, an alteration to the foot orthoses would need to be made. Other problems that may occur include blisters or skin irritations etc. Once again, call your Orthotist for advice in these situations.

FOOTWEAR

You have made a considerable investment in your foot orthoses. Correct footwear is important as a stable base for foot orthoses and to maintain the alignment changes that we have made for your feet.

Not all footwear is appropriate to wear with foot orthoses. Shoes should have the following qualities:

- Firm Heel Counter
- Removable insoles or extra depth to accommodate the orthoses.
- Appropriate fasteners such as laces, velcro and buckles that hold the shoe onto the foot.
- Firm midsole that does not bend/collapse/rotate through the middle.



GENERAL CARE

It is recommend that you keep your orthotics as clean as possible. Make sure your foot is completely dry before wearing the orthotics.

Care Instructions

1. To clean your foot orthoses, hand wash them in warm soapy water (give a light scrub with a nail brush if needed).
2. Rinse and air dry. Do not dry in direct sunlight or close to a heater.
3. Those with leather lining should only be wiped over with a damp cloth.

Review Appointment

Your foot orthoses should last approximately two years - dependant on your weight, growth and level of activity.

A 12 month review is recommended especially in children or if any change in feet has occurred.

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Version 4.09

OAPT0005

