



## Orthotic Advice Sheet for Patients

### Your Foot Orthotics

Foot orthotics are special insoles that fit into your shoes. Your foot care specialist has prescribed these to 'normalise' your foot function in various different ways, utilising a choice of makes, materials and modifications. Orthotics are not "arch fillers", but instead work biomechanically to support and improve your feet by various additions, angulations and adaptations.

### Getting Used to Them

As a rule it is best to wear the appliances one hour the first day, gradually increasing time worn by one hour a day. If you participate in sports make sure you are using the orthoses all day every day comfortably before using them for any activity. Even then you should take it easy for a week. This is only a guideline, and if you feel you need to take things slower, then do.

Occasionally there may be slight 'adjustment pains'. These can occur in your feet, ankles, shins, knees, hips or back. Discomfort should not be severe and should improve after about three days. In addition there should be no painful rubbing on your feet. If any severe pains occur, or if you suffer from blisters, remove your orthotics and contact your foot care specialist. Occasionally adjustments do need to be made to foot orthotics following initial fitting.

### Caring for your Orthotics

The orthotics can be cleaned with warm soapy water. Avoid exposing them to excessive heat (such as drying them on a radiator).

To summarise:

- 1) Wear in your foot orthotics slowly
- 2) Initially you may be aware of the orthotics, but within two weeks you should not notice them
- 3) You may have slight adjustment pains at any time for the first couple of weeks
- 4) If the adjustment pains are severe, or the orthotics cause skin discomfort, remove them and contact your practitioner

Your foot care specialist will already have discussed most of these points with you; this leaflet is designed for your information to take away and read at your own discretion.

*....a fitting end to foot pain*

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