



Custom Foot Orthoses

How To Use Them

"It is important to remember that it may take some weeks until you are comfortable wearing your Orthoses. **Your body does not adapt to change rapidly** so you must expect some mild aches when you first begin to use them. The discomfort can occur in the feet, ankles, knees, hips or back and will usually gradually disappear as you get used to wearing Orthoses."

Specific Instructions - For New Users

Wear your orthoses for **one hour** of walking or standing **for the first three days**.

1. **On the fourth day**, increase your wear to **two hours** and **on the fifth day** to **three hours** and so on until you can wear your Orthoses all day.
2. *Some patients may need to increase wear more slowly*. Listen to your body and be more gradual if you feel you are more comfortable. Remember your Orthoses are a **long term therapy** and so *there is no rush*.
3. *Do not wear Orthoses for sports activities* until you can wear them comfortably for **seven consecutive days, all day**. If your Orthoses cause any more than minor aches, please *discontinue wear and contact your clinician* - **This is extremely rare**. Most patients benefit from a 2nd set of full length sport Orthoses. Ask your clinician for details.
4. Please ensure that you wear your Orthoses in suitable footwear as discussed. **Generally Orthoses should be worn all the time**.
5. When you first put Orthoses into your shoes you *will often feel the edges and arches*. This is normal and will normally **disappear in the first few weeks of wear**.
6. **Take your Orthoses with you when you buy new shoes**. Orthoses are balanced to work on a flat surface. If you have shaped shoe insoles remove and replace with a flat cushioned insole.
7. **The more you wear your Orthoses, the better**. In summer months sandals are OK if you are not walking far. Sandals do not offer any support to better foot function and can cause symptoms to return when worn excessively with or without your Orthoses.
8. Try and wear a light trainer or boat shoe with your Orthoses when walking in hot weather. You may want to find sandals with backs (heel counters) that accept your orthoses, but please listen to your body and if symptoms begin to return, **return to shoes and orthotics immediately**.

As the saying goes.... "Rome wasn't built in a day"..... Please be patient!