

Custom Foot Orthoses Footwear Advice

It may take some weeks until you are comfortable wearing your Orthoses. **Your body does not adapt to change rapidly. You will greatly help the process by applying the following principals:**

Your shoes need to fit around your Orthotic Therapy and not the other way around. General comfort and feeling the edges are common initial "break-in" issues. They will soon disappear as our feet adjust and your foot and limb strengthen. Most issues are caused by inappropriate footwear.

"The importance of selecting the correct shoes & boots to partner your Orthotic Therapy cannot be over-emphasised"

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01

The Heel Counter
Should Be Deep &
Firm

02

The Midsole Should
Be As Stiff As
Possible

03

The Toe-Box
Should Be Deep
To Accommodate
Orthoses

04

There Should Be A
Slight Upturn At The
Toe & Shoes Should Be
Comfortable With Your
Orthoses