

ADVICE ON WEARING YOUR NEW ORTHOTICS

Please read the following advice carefully.

How will they feel?

At first, orthoses may feel unusual, even slightly uncomfortable. This is to be expected. After some time they will become more comfortable providing that you follow the 'wearing in' instructions. If the insoles are replacements without alterations, do please still read this advice sheet.

Do's and Don'ts

- Don't be in a hurry to wear them all day - it takes time to adjust
- to having insoles placed in the shoe. If they are altering the way your feet work, it may take longer.
- Start by wearing the devices for 20 minutes day one, 40 minutes day two,
- and one hour day three, increasing by an extra ½ an hour per day after that. This is until they can be tolerated all morning, ie; 1st Day 20 minutes, 2nd Day 40 minutes, 3rd Day 1 hour, 4th Day 1 1/2 Hours 5th day 2 hours 6th day 2 1/2 hours etc. Once you are able to wear the devices all morning, repeat this process for the afternoon.
- If you find you cannot wear them for the prescribed period for that day do not continue to wear them on that day. For example; if you should be using the insoles for 3 hours and they make your feet ache after 2 hours, take them out of your shoes at 2 hours.
- The next day, stick to the length of time you felt comfortable for and only increase the wearing time by 30 minutes, if they are comfortable.
- Do not be surprised if you feel a little discomfort in the legs during the early stages of wearing the devices. Muscles will be adapting to new positions and functions. If you have definite pain in any of your foot or leg joints or in your back when using the insoles - stop using them and contact your practitioner.
- Insoles are often specific to one pair of shoes. You may be able to move them to similar style shoes - please discuss this with your practitioner.

Remember

If you don't follow these instructions, then you may find it takes a long time to get used to your devices and to get any benefit from them.

Care of your Orthotics

Insoles for adults usually last for about one year but this will vary depending on the amount of use. Normally insoles are made of synthetic materials which can be cleaned by wiping with a damp soapy cloth - if they get very wet, allow them to dry naturally. Do not place them on direct heat sources as this may distort the material they are made of.

Follow Up

Your practitioner will normally review your progress after 4- 6 weeks or as arranged with you. As a general rule a 4-8 week check is desirable to make sure the Orthoses are performing satisfactorily and to make any adjustments necessary to improve foot function.

Problems or Concerns

If you have any problems or questions, consult the podiatrist who prescribed the devices - most problems can be solved.