

Custom Orthoses: Use, Wear and Maintenance

Please read the following instructions carefully to obtain the maximum benefits from your new custom custom orthoses.

1. Orthoses are similar to contact lenses. You cannot wear them continuously in the beginning. On the first day, wear your new orthoses for no more than one hour; on the second day, two hours; and so on until you can wear them comfortably for longer periods. It will take time for your feet to adjust to a new way of walking, but the adjustment period is well worth the wait. If you find that the orthoses become uncomfortable, decrease the wearing time, and then gradually build it up again. After about one to two weeks, you should be able to wear the orthoses comfortably all day.
2. You should feel no sharp edges or ridges. There will be some pressure in the arch area. If your orthoses have metatarsal pads, you will feel additional pressure from those pads on the shafts of your metatarsal bones for at least two weeks until your foot becomes accustomed to the pads.
3. If you experience discomfort in the lower back, hips or knees, you should reduce the length of time and then gradually increase it again. In all likelihood, these symptoms will disappear rapidly as your body realigns itself and functions more efficiently.
4. Remember to remove the old insoles inside your shoes before placing your custom orthoses in the shoes. Leave the old insole in place only if you need to occupy room in the shoe.
5. Do not wear your orthoses for sport activities until you have fully adjusted to them while walking or standing.
6. Women's step-in shoes may slip off at the heel when orthoses are worn. If this occurs, purchase shoes with a deeper heel seat or a higher heel counter. This situation often corrects itself as the condition of your feet improves.
7. Your orthoses may squeak when you walk, which is not uncommon. A dusting of foot or

baby powder into your shoes before inserting your orthoses should alleviate the problem. If this does not work, apply soap or wax to the edges of your orthoses.

8. The orthoses may be cleaned with soap and lukewarm water. Hot water will damage them.
9. Do not use your orthoses in extreme force situations: such as on rung ladders or with a kick shovel—as this may damage the shell.
10. Most orthoses can be reconditioned after showing wear with new topcovers and posts—ask your medical provider for more information and associated costs.
11. Your body will adjust more easily to the changes in the way you walk if you follow these instructions. Once you have become accustomed to your orthoses, it is not necessary for you to wear them a specified length each day. What is important is that you are comfortable while you are wearing them and remember that it takes time to correct a lifetime of walking abnormally.
12. If you have further questions or concerns about your orthoses, or if they require adjustment, call your medical provider and arrange a follow-up appointment.

Regular checkups, even after you have adjusted to your orthoses, will help maintain the health of your feet.

*Take care of your feet
and they will take care of you.
Remember you only get one pair!*

Compliments of:

Your New Orthoses

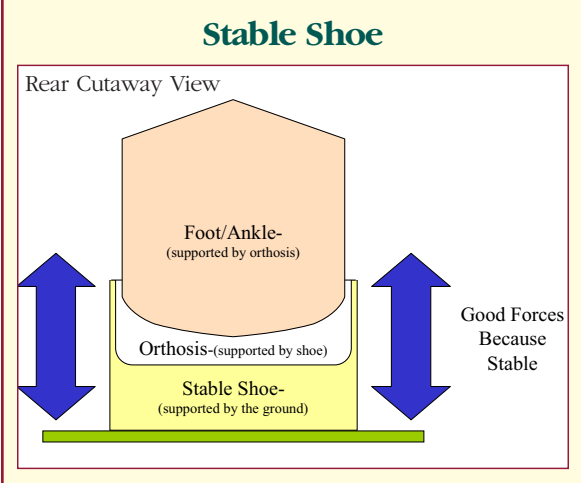


Did you know that an individual will walk over 100,000 miles in his or her lifetime? Yet according to a leading medical society, one in every six persons has trouble with his or her feet, making the journey considerably less enjoyable! Custom orthoses treat and correct individual foot ailments, enabling each individual to comfortably complete their 100,000 mile journey. Proper shoes fitted with custom orthoses are the best insurance that we can give ourselves to protect our feet.

***Your Doctor and
Physical Therapist
Care About You***

Just as eyeglass prescriptions vary from person to person, each individual orthosis prescription is as unique as the person for whom it is written. Medical professionals prescribe orthoses as a conservative approach to many foot problems or as a method of control after foot surgery. Whereas eyeglasses allow an individual improved sight, custom foot orthoses make standing, walking and running more comfortable and efficient.

Good Shoes for Foot Orthoses:



Foot Facts:

- Walking puts 2 to 3 times your bodyweight force on your feet. Running puts up to 5 times your body weight force on your feet.
- Each person takes 8,000 to 10,000 steps per day, or over 3.5 million steps per year.
- Your feet log 1,000 to 1,500 miles per year. This adds up to about 115,000 miles in a lifetime—more than four times the circumference of the globe.
- As shock absorbers, feet cushion up to one million pounds of pressure during one hour of strenuous exercise. Ouch!

Bad Shoes for Foot Orthoses:

Unstable Shoe

Rear Cutaway View

Foot/Ankle- (supported by orthosis)

Orthosis-(supported by shoe)

Unstable Shoe- (rolls on ground)

Bad Forces Because Not Stable

Soft Shoe

Rear Cutaway View

Foot/Ankle- (supported by orthosis)

Orthosis-(supported by shoe)

Soft Shoe- (rolls on ground)

Bad Forces Because Not Stable

Worn Shoe

Rear Cutaway View

Foot/Ankle- (supported by orthosis)

Orthosis-(supported by shoe)

Worn Shoe- (tilts on ground)

Bad Forces Because Not Stable

Proper Shoes Maximize Your Foot Orthoses

How do you protect your investment in your foot orthoses and maximize the therapeutic effect your doctor wants for your foot? Make sure you put your orthoses in a stable shoe that is properly fit! Your shoe provides the foundation for the orthoses. *If your shoes are unstable, too soft, or worn out, the foot orthoses won't work properly. If your shoes are too small, your feet cannot function properly with the orthoses.*

For these reasons, when you come for your foot orthosis fitting, we ask that you bring with you the shoes that you intend to wear with your foot orthoses. The orthotic fitter will evaluate your shoes for stability and support, and show you how to maximize the effect of your foot orthoses. The office staff has coupons to assist you in buying a stable shoe for your new foot orthoses, should your current shoes prove to be unsuitable.

Additional Sources of Information

- **Prescription Foot Orthotic Laboratory Association:** www.pfola.org (1-800-347-6585)
- **American College of Foot and Ankle Surgeons:** www.acfas.org (1-800-421-2237)
- **American Orthopedic Foot and Ankle Society:** www.aofas.org (1-206-223-1120)
- **American Physical Therapy Association:** www.apta.org (1-800-999-2782)
- **American Podiatric Medical Association:** www.apma.org (1-800-275-2762)
- **Pedorthic Footwear Association:** www.pedorthics.org (1-800-673-8447)