

Wearing Foot Orthoses

The First 2 weeks

- Remove all insoles and insert your right and left Orthotic in the corresponding shoe
- Wear your Orthoses for 45-60 mins on the first day. Increase wearing time by 45-60 mins per day if you are comfortable.
- Wear your Orthoses for sport/exercise after you are comfortable wearing them for 8 continuous hours
- Initial muscle fatigue and possible mild discomfort should resolve within 2 weeks

After the Wearing In Period

- It is important to have your Orthoses reviewed
- A Podiatry review appointment will be arranged within 4 weeks.
- Adjustments and repairs can be provided under warranty in the first month

Caring For your Orthoses

- Avoid immersing Orthoses in water. Use a damp cloth for cleaning the surfaces of your Orthoses
- Covers and cushioning will deteriorate with normal wear and tear. This will not effect orthotic function and are easily replaced

Reviewing Your Orthoses

- Children will outgrow Orthoses. Orthotic fit should be checked when new shoes are required or if there is discomfort
- Podiatry review is recommended every 12 months or if symptoms persist.
- Additional Orthoses can be made from your plaster casts. Please enquire if you require another set of Orthoses

Please contact the Podiatrist if you have any concerns about your Orthoses or you foot problems.

Podiatry for Foot Health

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