



head to foot orthotics

Foot Orthoses



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

What are they used for?

Your foot orthoses (FOs) have been fitted to control the alignment of your feet/ankles, reduce pain, improve your walking, help with balance or reduce pressure to a certain area of your foot. *Orthosis* is another name for an orthopaedic support.

Putting On

FOs can be used in different shoes. However make sure that when you place them in the shoe, they sit flat inside the shoe.

In order for FOs to function properly the shoe must be firmly fastened.

Always wear socks.

When to Wear

After the wearing-in period (see below), you should wear your FOs as often and as long as possible during the day. You can generally go out for short periods in dress shoes that don't fit your FOs, if needed.

Wearing In

The FOs may create a large change to the alignment of your feet, therefore it is suggested that you do not wear your FOs full-time when first fitted. The following 'break in' schedule is recommended:

Begin with 1-2 hours the first day and build up by one hour per day (if all is going well). It may take 1-2 weeks until you can wear your FOs full time. If at any time during this period the FOs

are causing discomfort, stop wearing them and begin afresh the next day. If you are not having any issues continue to wear full time. We suggest that you do not do strenuous exercise in your FOs for at least 2 weeks. If you can't tolerate your FOs for several hours per day after a period of 1 month please contact your Orthotist.

Wearing Problems

Check your feet regularly for signs excessive pressure or skin breakdown / blisters. **If you are diabetic** you will need to check your feet with a mirror a few times per day for the first week.

Your current shoes may not fit your FOs, especially if they are shallow or slip-on style. Ask your Orthotist for suggestions regarding footwear and take your FOs with you for shoe fittings.

Don't get your FOs wet (if they get wet air-dry them - DO NOT dry them with direct heat e.g. heater, hairdryer). Your FOs may change shape if heated, even if left out in direct sunlight.

Don't grind, cut or add padding to your FOs. If they are uncomfortable please contact your orthotist.

Cleaning

You can wipe your FOs regularly with a damp soapy cloth – don't soak. Dry them with a towel or air dry.

Replacement

For adults: FOs *usually* last 2-3 years of every day wear.

For children: The FOs should be checked with each change in shoe size or after 1 year.

It's better to better to get your F.Os checked sooner rather than later, so please make an appointment with you Orthotist!



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Further Details

Please contact if you have questions or require an appointment.



(03) 9870 2284

