

PODIATRY SERVICES: Guidelines on using your foot orthotic devices

You have been manufactured a pair of custom made foot orthotic devices to help your foot, leg or postural problem. Please take careful note of the following important points:

1. Your foot orthotic devices are prescription devices that should not be worn by anyone else.
2. They have been made to exact specifications and you should not adjust or modify them in anyway. Changes should only be made by the specialist that manufactured them.
3. To benefit from your foot orthotic devices, you should follow the instructions given you by your specialists. If you have any questions about your devices please contact your specialist. This can be done on **0114 271 6798**.
4. When you stand on your devices for the first time, you may not feel fully comfortable. Slight discomfort is quite normal and should ease within a short period of time.
5. You must wear your devices gradually to let your feet and legs gently adjust to the new mechanical positions. During the adjustment period you may experience mild aches in various muscles and joints. These sensations are normal and should disappear within a short period of time. Also when you first start wearing your orthotics **check your feet after wearing for signs of rubbing, redness, signs of swelling and or breaks in the skin. If you see any of these signs stop wearing your orthotics immediately and contact your clinician.**
6. A good build-up programme is to wear them for 1 hour on Day 1, 1½ hours on Day 2, 2 hours on Day 3, and so on. When you can wear them for 4 hours a day, you will probably be able to wear them all day and the adjustment period is over. Do not rush the build-up programme; wearing your devices can cause severe discomfort.
7. If you experience **back** pain or discomfort at anytime you are wearing your orthotic devices, contact your specialist immediately. If, for any reason, you cannot wear them for more than 4 hours a day after 4 weeks, you should seek advice from your specialist who will be able to modify them to be more comfortable.
8. Fitting orthotic devices into shoes is often difficult and your specialist should have discussed the type of shoe that should be used. If you have problems fitting them into your present shoes, make every effort to find a better style. A deep-sided shoe with an adjustable fastening and heel height of below 1 1/2 inches is optimum. Make sure that the right device is used in the right shoe and the left device in the left shoe.
9. It is hoped that this information sheet will cover most of the initial questions you have when beginning foot orthotics therapies. As your treatment progresses you may have further questions or want to know more about your treatment programme. Please contact your specialist who will make every effort to answer your questions.
10. If you have any problems please contact your specialist on **0114 271 6798**.