

Orthotic Guidance and Information sheet

You have been issued with: Pre-Fabricated Orthotics, Semi custom Orthotics or Custom Made Orthotics. These insoles/orthotics have been prescribed specifically for YOU and suit your unique foot type. Insoles can improve foot function and decrease symptoms in your feet or legs.

The most appropriate shoes to wear orthotics inside are:

- Deep heel cup, wide toe box and well supportive footwear.
- Your existing shoes may have removable insoles, take these out if you have a full length device.
- Slight heel up to 2.5cm.
- Lace up, buckle or Velcro support the orthotic devices should fit into most trainers, casual shoes, and work/school shoes as directed by your podiatrist.
- The orthotics are only as good as the footwear you wear them in and therefore may not fit into unsupportive footwear, high heels or sandals. Your podiatrist can explain what may work in other types of footwear.

Wearing in your orthotics:

Your orthotics have been prescribed and designed to reduce abnormalities in your foot posture and/or function which can affect your legs, ankles, knees, hips and lower back. This may change how you use these muscles and joints so it is important to break in your orthotics slowly otherwise they can make your muscles and joints tired and painful during the adjustment period. Your feet require time to adjust to the orthotics which can be up to 6 weeks. It is common to feel like you are slipping out the back of your shoes slightly when you first break in your orthotics, which this generally resolves over time as the orthotics squash the devices down into your shoe.

A slow and gradual break in period allows the soles of your feet to get used to different pressures and as a guide you should:

- Wear your new orthotics for one hour the first day, two hours the second day, three hours the third day etc.
- Increase the time you wear the orthotics every day by one hour per day until you are wearing them daily.
- Reduce your orthotic usage or have a rest day if you are feeling sore or fatigued by walking in the orthotics.
- After 2-3 weeks, you will probably be wearing your orthotics for the majority of the day. At this point and when they are comfortable, you are ready to start slowly and gradually break them into sports or long distance walking.
- Everyone responds differently to orthotics so this is a guide only. If it takes you twice as long to break them in, that is ok. Even if they are feeling fine, please follow the steps above with caution.

Caution!

- Your Podiatrist will usually suggest an annual review so please make a note of your annual review period and contact the podiatrist for a follow up appointment to check your foot health, treatment plan and whether the orthotics are still working or whether they are required at all.
- If the cover wears out (usually lasts 12-24 months), these can be replaced at extra cost.
- Orthotic devices may be intended for use only to assist a reduction in your symptoms. If your symptoms subside, you, may not have to continue wearing orthotics and your podiatrist will advise you regarding this.
- Upon initially wearing the insoles you may experience the following symptoms: Aching in the knees, hips, thighs, legs, lower back or discomfort into the soles of the feet. Symptoms should settle down once you are used to the medical devices. The adjustment period can take a number of months.
- Should these symptoms continue, or become worse, remove the insoles, then contact the clinic directly on 020 7164 6607 to book a review appointment.