



## Custom Foot Orthosis Wear & Care Guide

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### **Explanation of the Orthosis**

Your foot orthotics were custom designed to conform to the shape of your feet and to help correct the alignment of your feet and legs. Proper alignment is important for balancing and distributing your body weight more evenly, thereby reducing excessive pressure and stress on your feet ankle and knees. Patients with diabetes are prone to foot problems such as neuropathy and loss of feeling, making the need for custom molded inserts necessary to prevent further injury and allow for you to continue normal activities.

In most situations, foot orthotics are able to correct mild to moderate foot problems and reduce associated pain. Because each person is unique, so is his/her response to the treatment. As you adjust to this new and proper alignment, you may experience some discomfort. The adjustment period usually ranges from 1-6 weeks, when the recommended wearing guidelines are followed.

### **Wearing the Orthosis**

Start slowly, only wearing your orthotics for one hour on the first day, with low to moderate activities. Increase time each day by one hour until you are comfortable wearing then all day during peak activities such as work and sports. The greatest long-term benefits are achieved when you are consistent about wearing your orthotics on a daily basis.

### **Pain**

If you experience any pain or discomfort, remove the orthotics from your shoes for at least 2-4 hours, and then try again. If pain persists, take them out again and make an appointment to see you orthotist for adjustments.

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**Skin Care**

Check your feet carefully every day for redness or tender areas. This may indicate a problem with the fit of your orthotics. Be sure to wear stockings or socks at all times to prevent skin irritation and never walk barefoot. Practice good hygiene habits by cleansing feet every day.

**Shoes**

Select good shoes with proper support and always try them on with the orthotics in place to ensure a proper fit. The best type of shoes to wear with your orthotics should have a close back and toe, low heels, they should come up over the feet like laced up shoes and should be slightly wider to accommodate the orthotics.

**Durability**

A wide variety of materials are used to enhance durability and provide the necessary comfort and support for your activity level. With most of the materials used today, your orthotics should last 6-12 months with moderate use and proper care. However, if the material on the bottom of your orthotics gets worn down, or if they break it is time to get a new pair. Do not attempt to fix them yourself.

**Care**

Only plastic orthotics can be washed with a mild soap and lukewarm water. Wipe them with a rag so not to soak the orthotics. Allow your orthotics to dry completely before wearing them, NEVER put them on while they are still wet. Never use cleaning products or get any orthotics that are made of leather, cork or any other porous material wet.

**Follow Up Visits**

Now that you have been fit with your orthotics, any orthotic maintenance or adjustments must be made by Optech O&P. Please contact our office if an adjustment is needed.

*If you have any questions about the wear & care of this product, please contact Optech Orthotics & Prosthetics for more information. Your orthotist will work closely with you and your physician to design an orthotic program that fits your needs.*

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