

# Foot Orthoses

You have been issued with a pair of functional foot orthoses to help your foot problem. It may take a while for you to become used to wearing them. Just as eyes must adapt to spectacles, your feet must adapt to the altered function offered by the orthoses.

## Wearing instructions

1. On the first day of issue the orthoses should only be worn for one hour.
2. On each subsequent day increase the wear time by one hour. This hourly increase is continued until the orthoses can be worn comfortably all day.
3. Occasionally because of the relatively large degree of adaptation required, this rate can be too sudden and the wearing of orthoses may lead to discomfort.
4. If symptoms are mild reduce the wear time by half an hour, then build up the wearing time by half an hour daily.
5. If the symptoms are more severe, or persistent, especially in the lower back or behind the knee, contact your Podiatrist as an adjustment may be required.

NB. With young children it is sometimes wise to restrict the wearing of the orthoses to home only, until 5 consecutive hours of wear have been achieved with comfort, this allows more careful monitoring by the parent or guardian.

## Use during sporting activities

After the orthoses have been worn comfortably for at least 8 hours, they may be inserted into sports shoes, but only for one quarter of the time spent in sporting participation. Therefore if sporting activity lasts for one hour, wear the orthoses for 15 minutes.

## Caring for your Orthoses

Your orthoses may be cleaned by being gently sponged with warm water followed by drying with a paper towel. Do not soak your orthoses or dry them artificially. NB. Do not attempt to modify your orthoses yourself. If modifications are required please contact your Podiatrist.

Always take your orthoses to your appointments so they may be assessed for modification or replacement.

Orthoses must always be worn in appropriate footwear

- Footwear must be an enclosed shoe with a lace, velcro, or buckle fastening with a flat base and no shaped inlay. Sandals and court shoes are not appropriate
- There is footwear available with a removable inner-sole which means the prescriptive orthotic we give you can be accommodated inside the shoe more easily
- The sole of the shoe must have some flexibility
- Footwear must have adequate width and depth to accommodate the orthotic/insole
- When trying on shoes ensure that there is a fingers breadth between the end of the longest toe and the end of the shoe.

## Additional and Replacement Orthoses

Replacement or additional pairs can be purchased from: Talarmade: Telephone 01246 268456 or visit: [www.talarmade.com](http://www.talarmade.com) or Blueprint: Telephone 01246 865988 or email: [info@blueprintorthotics.com](mailto:info@blueprintorthotics.com).

## References

- Anthony, R.J. 1991 The manufacture & use of the functional foot orthoses Karger
- Philps, J.W. 1990 The functional foot orthoses Churchill Livingstone Eastbourne & County Healthcare NHS Trust

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