

# FOOT ORTHOSES

A Guide for Patients



+oapl.™



# INTRODUCTION

Foot orthoses (orthotics, insoles) are prescribed for a variety of reasons. Most commonly they are used to realign the feet, or unload areas of pressure and pain. Foot orthoses are used to treat conditions such as:

- Heel Spurs
- Plantar Fasciitis
- Metatarsalgia
- Morton's Neuroma
- Diabetic Feet
- Pronated (flat feet) or Supinated (high arches)
- Patellofemoral Pain



Consulting Orthotist

---

Clinic Attended

---

Date Attended

---

# HOW TO WEAR

It is important to start wearing your custom made foot orthotics correctly. Your Orthotist will be able to recommend the right protocol for you.

If you have never worn foot orthoses before:

## **Protocol .1.**

On the first day only wear them for one hour. This is because the orthoses have changed the alignment of your feet, knees, hips and back and your body needs Time to get used to these changes. There is also new pressure on the feet which may feel unusual to begin with.

Each day increase the amount of time you wear the orthoses by around one hour i.e. 2 hours on the second day, 3 hours on the third day etc. If you find this is too much too soon, decrease the time to only 30 minutes extra per day.

Running or high impact exercise is not recommended during the wearing in period.

## **Protocol .2.**

As you are already used to the change of alignment, wear your foot orthoses as tolerated. Be aware, however, not to wear them too much too soon as they may still be different to past orthoses.

Some patients will also find that wearing your new foot orthoses is much more comfortable than not wearing them. If this is the case, once again wear them as tolerated, but still be careful due to the changed alignment of other joints.

# HOW TO WEAR

## **After The Wearing In Process**

By the end of about 2 weeks you should be able to comfortably wear the orthoses for about 8 hours. If you find that you are not comfortable or that the foot orthoses are causing pain it is very important to return for a review appointment at no cost to you.

You have 8 weeks of free review/alteration from the date that your orthoses are fitted. After this time a consultation fee will be charged.

## **Precautions**

It is important to closely monitor any changes that occur in you feet, knees, hips and back while wearing your foot orthoses. If after wearing them in correctly you find that they cause pain in any of the joints above the feet, contact your Orthotist as soon as possible.

It is possible that in this case, an alteration to the foot orthoses would need to be made. Other problems that may occur include blisters or skin irritations etc. Once again, call your Orthotist for advice in these situations.

# FOOTWEAR

You have made a considerable investment in your foot orthoses. Correct footwear is important as a stable base for foot orthoses and to maintain the alignment changes that we have made for your feet.

Not all footwear is appropriate to wear with foot orthoses. Shoes should have the following qualities:

- Firm Heel Counter
- Removable insoles or extra depth to accommodate the orthoses.
- Appropriate fasteners such as laces, velcro and buckles that hold the shoe onto the foot.
- Firm midsole that does not bend/collapse/rotate through the middle.



# GENERAL CARE

It is recommend that you keep your orthotics as clean as possible. Make sure your foot is completely dry before wearing the orthotics.

## Care Instructions

1. To clean your foot orthoses, hand wash them in warm soapy water (give a light scrub with a nail brush if needed).
2. Rinse and air dry. Do not dry in direct sunlight or close to a heater.
3. Those with leather lining should only be wiped over with a damp cloth.

## Review Appointment

Your foot orthoses should last approximately two years - dependant on your weight, growth and level of activity.

A 12 month review is recommended especially in children or if any change in feet has occurred.

# CONTACT DETAILS

Email: [info@oapl.com.au](mailto:info@oapl.com.au)

## **Fitzroy Clinic**

93-97 Webb Street  
Fitzroy VIC 3065  
T: 9419 2499  
F: 9416 3543

## **Footscray Clinic**

55 Pickett Street  
Footscray VIC 3011  
T: 9687 4589  
F: 9687 3961

## **Clayton Clinic**

281 Clayton Road  
Clayton VIC 3168  
T: 9562 9422  
F: 9562 9605

## **Box Hill Clinic**

Epworth Eastern  
Suite 5A, Level 2  
1 Arnold Street  
Box Hill VIC 3128  
T: 9897 1374  
F: 9783 6944

## **Ringwood Clinic**

86 Mt Dandenong Road  
Ringwood East VIC 3135  
T: 9879 4299  
F: 9870 9411

## **Brighton Clinic**

Suite 4, 214 Bay Street  
Brighton VIC 3186  
T: 9596 6895  
F: 9824 8205

## **Frankston Clinic**

346 Nepean Highway  
Frankston VIC 3199  
T: 9783 3866  
F: 9783 6944

## **Richmond Clinic**

Epworth Centre  
Suite 5, Level 7  
32 Erin Street  
Richmond VIC 3121  
T: 9421 6226  
F: 9426 4321

## **Bendigo Clinic**

401 - 405 High Street  
Golden Square VIC 3555  
T: 5441 4333  
F: 5441 6555

## **Sydney Clinic**

Macquarie University Clinic 307  
Level 3, 2 Technology Place  
Macquarie University  
NSW 2109  
T: 02 9812 3854

29 South Corporate Ave  
Rowville Victoria 3178

T: 1300 TO OAPL  
or 1300 86 6275

F: 1300 OAPL FX  
or 1300 6275 39

[info@oapl.com.au](mailto:info@oapl.com.au)

ACN 006 520 314  
ABN 30 006 520 314

[www.oapl.com.au](http://www.oapl.com.au)

RPT0005  
Version 6.13

