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**ORTHOTICS**

Please read the following information about your new orthotics.

It is important that you allow time for an adjustment period (4 weeks) as your legs and feet need to adapt in relation to the orthotics.

* Be sure to remove all arch supports or build ups inside your shoe to allow your new orthotic to sit properly inside the shoe
* Begin by wearing the orthotic device for 1 hour on the first day, and increase the time by 1 hour every day until they can be worn all day
* Minor discomfort can be found in the legs or back during the adjustment period due to the new realigned position of your body. You muscles will take a little bit of time to get used to the change. If any discomfort occurs, reduce the amount of time you wear your orthotics by 30 minutes (put your old insoles back in the shoes when not wearing the orthotics)
* It will take approximately 4 weeks until you become used to wearing your orthotics
* Footwear is also important to consider in order to obtain the best results and function of your orthotics. If you wear shoes that are not supportive your orthotics will not function efficiently. When buying a new pair of shoes ensure they have a deep heel cup, a firm heel counter, not too much mid foot twist, and that the shoe only bends across the toes
* If you are an athlete; gradually increase the wear of your orthotics starting only one quarter of your sporting session and building up to a full training session.
* Initially you will feel pressure under your arch, and snugness around the heel. As time goes on your feet will adapt to your orthotics and become accustomed to them
* It is important to return with your orthotics if you have ANY concerns with them
* Cleaning your orthotics can be with cold water and mild soap. If you find your orthotics squeak in your shoes – add a little powder
* After wearing your orthotics for a period of time (months/years depending on your activity level) they will show signs of wear and tear, which can be replaced by covers and extensions

If you have any questions, concerns or any abnormal pain please don’t hesitate to contact toe-tal Podiatry on [info@toetalpodiatry.com.au](mailto:info@toetalpodiatry.com.au) or 0422389652.

From your Podiatrist