



Detailed Orthotic Wearing Instructions for patients

You have been prescribed a pair of precision medical orthotic devices. When used correctly they will provide many years of comfort and support.

Below are detailed instructions which provide important information on the correct use of your orthotics. In order to get the most benefit from your orthotics, please read the following instructions carefully.

Advice for initial wearing of orthoses

Your orthotics have been prescribed to improve your foot function. By improving the function of the foot, they also change the function of the muscles within your foot and the muscles entering the foot from the leg. In addition, by altering how your foot functions, they also alter how your legs function.

Because of these changes in muscle function and leg position, it is important you break into your orthotics gradually. Otherwise, you may experience foot, leg, knee or hip pain. **You should only wear them one hour on the first day, two hours on the second, three hours on the third and so on. On the eighth day you may begin wearing your orthoses full time.**

You should not wear your orthoses while running or participating in sport until after the first week and you are finding them comfortable for walking.

It is normal for the orthoses to feel a bit odd at first. However, if at any time during the break-in period you experience pain that lasts for more than a day in your ankles, knees, hips, or back you should stop wearing the orthoses and call the clinic. The importance of shoes cannot be over-emphasized. The best orthoses in the world will be ineffective unless you wear them in the correct shoe.

FOLLOW-UP

At the time of issuing your orthotics you will be booked in for a 3 week review appointment. This visit is very important as it gives us a chance to evaluate the function of your orthoses. During that visit we may make adjustments to your orthoses to either make them more comfortable or to function better. We may also add additional therapies to help relieve your symptoms.

Remember, our goal with orthoses is only to improve your foot function - they are not a magical cure-all for foot problems. **Do not expect more than 20% improvement of your symptoms in the first 3 weeks.**

ADDITIONAL ORTHOTICS

Once we are confident that your orthoses are comfortable and functioning normally, you may wish to order additional pairs of orthoses. Additional pairs allow for easier use of your orthoses i.e. less moving them from shoe to shoe or a sport and dress shoe style orthoses. The most common time for this is women ordering orthoses for dress shoes of which there are special court shoe orthoses available.

Additional pairs are made off of the same scans of your feet as the first pair was made from and hence cost about half the cost of your first pair.

Your orthoses can easily be adjusted. It is not unusual to have to make adjustments within the first month. If the devices begin to squeak this can be solved by roughening the edges.



Email: info@mattappleton.com.au

Web: www.mattappleton.com.au