

FOOT ORTHOSIS (ARCH SUPPORT) USE AND CARE INSTRUCTIONS

A Foot Orthosis, or arch support, is a custom molded device made from a variety of materials ranging from rigid plastic to soft foams. It is designed to support the arches of your foot and redistribute your weight to different areas to prevent excessive pressure. It may also correct mild alignment problems.

Please read the following instructions for wearing your Foot Orthosis (arch support) and add any special instructions given to you by your physician or orthotist.

How to Use Your Foot Orthosis (Arch Support)

- Wear the foot orthosis in a lace-up type shoe that has enough room for both your foot and the foot orthosis to fit comfortably. If you have any questions about your shoe, ask your orthotist.
- Begin wearing your foot orthosis for 1-2 hours of on your feet time the first day.
- Slowly increase your wearing time by 1-2 hours throughout the next several days.
- Check your foot for red pressure areas when you remove your foot orthosis. Any reddened area that does not fade after 20 minutes should be watched carefully. This is particularly important for patients who are diabetic or have poor sensation in their feet.

How to Use Your Foot Orthosis (Arch Support)

- Wash your feet daily.
- Wash your Foot Orthosis weekly using mild soap and water. Wipe your Foot Orthosis with rubbing alcohol to eliminate odors.

Important Notes About Your Foot Orthosis (Arch Support)

A Foot Orthosis is a specialized device. It is VERY important to keep all follow-up appointments made by your orthotist and physician. Schedule an appointment with your orthotist or physician if any unexpected problems occur.

Special Instructions (If Applicable) : _____

Patient Care Guidelines For Custom Foot Orthotics

These custom foot orthoses are designed to give support to the arch area of the foot. Sometimes the extra support under the arch is used to relieve stress on stretched tendons, support fractured bones, or take weight off tender areas. Other times the orthoses are used to influence the roll of the foot. They are also designed to resist an arch that is rolling over. Ultimately, the orthoses can do several of these functions at once.

Starting Out

Gradually increase your time of use with your custom foot orthoses. In the beginning wear them for a short period of time, 1-2 hours and take them off. Remove your socks and check for redness that you may not feel. Be sure to check the bottom of your feet as well. Put back on your shoes with inserts, wear them for a longer time and inspect the skin again.

Always be sure that the inside of the shoes are clean, dry and free from foreign objects.

Self-Examination

Visually inspect your feet every day for blisters, cuts and scratches, especially initially, when your custom foot orthoses need to be broken-in.

The Shoe

Orthoses usually work best in shoes with a closed toe and low heel. Make sure that the orthoses are back in the heel of the shoe to insure that it is supporting your entire foot properly.

Care

To clean your orthoses, simply wipe them with a damp cloth. Use soap only as needed. Do not submerge in water or wash them in a washing machine. If your orthoses squeak, add powder to your shoes and the squeak should stop.

Realistic Expectations

Your foot condition took time to develop and it will take time to go away. If you wear your orthoses, your condition will lessen over time. Orthoses will allow your feet to function more comfortably.

If at any time you have questions or concerns, do not hesitate to call. We are here to help you and make your experience with the Orthotics Department as pleasant as possible.