

FOOT ORTHOSES

Wearing in

Foot Orthoses (FOs) take some getting used to. You should gradually build up the amount of time they are worn, even if you have worn FOs before.

Begin slowly, for example:

Day 1: wear for 1 hour

Day 2: wear for 2 hours

Day 3: wear for 3 hours..... And so on.

The feet need to be checked after each wearing in period. Any red marks on the skin caused by the FOs should go away within 20 minutes. If any red marks remain longer than 20 minutes, stop wearing the FOs and contact us.

During the first week FOs should not be worn for sporting activities. FOs should not be worn to school or daycare until your child has worn them for a full day at home without any issues.

FOs may feel strange at first. This is because they affect the alignment of your feet, legs and hips during standing, walking and sport. It is important to gradually introduce the orthoses to allow the body to get used to these changes.

Stop wearing your FOs immediately if they are causing pain and contact us to arrange a review appointment. Problems are usually easily solved with some adjustments to the orthoses.

Cleaning

Wipe your FOs using warm soapy water or disinfectant wipes and dry with a towel

- Do not apply direct heat to FOs or leave them in direct sunlight.
- Do not put FOs in the washing machine or dishwasher.

Problems?

Stop wearing the FOs and contact us if:

- The FOs are causing pain or discomfort
- The FOs have caused redness on the skin that does not disappear after 20 minutes.
- The FOs are broken, damaged or worn out
- Your child's foot has grown and the FOs no longer fit snugly in the shoe

