

## Orthoses

Foot orthoses help to control the way your feet and lower limbs function.

Your podiatrist will assess your foot and lower limb function to decide the most appropriate type of orthotic device. The orthosis should be introduced over the first week, starting with an hour on the first day and increasing the wearing time by an hour each day until they can be worn for 8 hours or more.

Initially, the orthoses may feel unusual and, possibly, slightly uncomfortable, with an awareness of pressure under the arch of the foot. After a time they will become more comfortable provided the introduction instructions have been followed.

### Advice for wearing foot orthoses

- ❖ Do not fit orthoses into shoes that are badly worn or broken down - this will counteract the action of the orthoses.
- ❖ You may find that you have a little discomfort in the legs or the back during the early stages of wearing the devices as your muscles will be adapting to new positions and functions.

### Advice to active people/athletes

- ❖ Where possible, introduce the orthoses into a new pair of running shoes or sports shoes as appropriate.
- ❖ Remove any high 'arch support' pad or insole from the shoe.
- ❖ Do not play sports in your new orthoses for the first two weeks and then only if you can walk comfortably in them all day. Then slowly build up wearing time during sport.

### With what type of shoe should my orthotic device be worn?

Orthoses should be worn as often as possible and should be moved to various shoes including walking boots, trainers etc.

Certain types of shoe will reduce the positive effects of the orthoses. These include shoes with heels over 2½ inches, ballet pumps, very flat style shoes, boots, sandals and slippers.

Your consultant podiatrist will offer you a review appointment 2 months after initial fitting to discuss and assess progress. It is strongly recommended that you take advantage of this opportunity.

Orthoses can vary greatly in cost, from about £65 upwards, dependent upon the level of adjustment required. However, we can assure you that the greatest care is taken to ensure that the most appropriate orthoses are prescribed and at the most competitive price.

**If you would like extra pairs of orthoses please call your podiatrist at The Foot Shop, 01383 622998.**