

# FOOT AND ANKLE CENTRE

## ADVICE FOR WEARING ORTHOTIC DEVICES

At first, orthoses may feel unusual, even slightly uncomfortable. This is to be expected. After some time they will become more comfortable provided the 'wearing in' instructions are followed closely.

1. Do not be in a hurry to wear them all day – it takes time to reverse what has developed over a long period of time.
2. Start by wearing the devices for one hour on the first day, increasing by one hour a day until they can be tolerated all day long, eg, 1<sup>st</sup> day – one hour, 2<sup>nd</sup> day – two hours, third day – three hours.
3. If you find you can not wear them for the prescribed period for that day – DON'T WEAR THEM THAT DAY.
4. The next day go back to the period you felt comfortable wearing them and only increase the wearing time by 30 minutes – IF THEY ARE COMFORTABLE.
5. Do not be surprised if you feel a little discomfort in the legs or back during the early stages of wearing the devices, muscles will be adapting to new positions and functions.
6. If you find your shoes are slipping off at the back, then you may need to try other shoes or other styles.
7. If you do not follow these instructions closely then you may find a long delay in getting used to the devices and a delay in getting any benefit from them. Some people find they only need to wear the devices a few hours each day; this is alright provided they are comfortable during this time.
8. If you have any problems or questions then ask your Podiatrist about them. These problems can only be solved if you make contact and allow the question to be discussed. If you do not contact your Podiatrist, he cannot solve your problem. Usually no news is regarded as good news.
9. As a general rule a 6-12 month check is desirable to make sure the orthoses are performing satisfactorily and to make any adjustments necessary to improve foot function.