



Texoma Orthotics & Prosthetics

Innovation Makes the Difference

Use Instructions for Custom Foot Orthoses

Getting Accustomed to Your Custom Foot Orthoses

The soft custom molded foot orthoses are designed to be *accommodative* and to give support to the medically prescribed area of the foot. Sometimes extra support under the arch is used to relieve stress on stretched tendons, support fractured bones, or take weight off of tender areas. Other times the orthoses are more rigid and are used to influence the function of the foot in regards to the rollover of the foot during walking, marching, or running. By improving the *function* of the foot, the foot orthoses also change the function of the muscles within your foot and the muscles entering the foot from the leg. By altering the rollover of the foot, the functional foot orthoses also alter how the leg is positioned.

Ultimately, custom molded foot orthoses can do several of these functions at once.

Because of these changes in muscle function and leg position, it is *critical* that you break in your foot orthoses *gradually*. If you do not use a break in period, you may experience foot, leg, knee, or hip pain.

How to Use your Custom Foot Orthoses

- Wear your custom foot orthoses in footwear that have enough room for both your foot and the foot orthosis. Ensure that the factory inserts/insoles are *removed* when wearing the custom foot orthoses. If you have any questions about your shoes, please ask your Orthotist.
- Place the foot orthosis in the shoe and ensure that the heel sits all the way back in the shoe. There should be no gapping between the foot orthosis and the shoe.
- Begin wearing your custom foot orthoses for **2 hours** at a time, then remove them from the shoes and rest your feet for **1 hour**. Alternate wearing the foot orthoses and resting your feet for the first few days.
- When you are not wearing the custom foot orthoses, be sure to place the *factory inserts back in the shoes*. Allow your feet to adapt to the foot orthoses gradually. You should achieve wear tolerance in about 7-10 days.
- Slowly increase your wearing time as tolerated throughout the next several days to achieve full time wear.
- You should **not** wear your foot orthoses while running or participating in other sports until *after you have achieved comfortable full time wear after the break in period*.
- You should wear your foot orthoses as much as you can after full time wear is achieved.
- It is common to have some initial discomfort; however, this discomfort should decrease as you follow your initial break in period. If there is increased discomfort, discontinue use and contact your Orthotist.

Care Instructions for Custom Foot Orthoses

Cleaning Guidelines

- To clean your custom foot orthoses, remove them from your shoes, as they are removable, and wipe them down with **alcohol on a terry washcloth** and allow them to air dry.
- Make sure the foot orthoses are **thoroughly dry** before each use.
- **Do not** wash them in a washing machine.
- **Do not** dry them in a dryer.

Follow-Up Appointments

- Follow up appointments are designed to ensure the integrity of the fit and function of your custom foot orthoses and will be arranged at the time of your fitting.
- You must bring in all items we have fabricated/fitted to you and the respective footwear to your follow up appointments.
- Foot orthoses wear out in time and rarely last longer than 1 year.