



## Foot Orthosis (FO) Care and Use Guide

You have just received your new orthosis which was designed and custom made especially for you. Please refer to the following instructions for the care and use of your new orthosis.

### Application:

- Select a close fitting and wrinkle-free cotton sock.
- Select a high quality comfortable shoe. If you are diabetic, an appropriate diabetic shoe is recommended.
- Place the foot orthotic(s) inside your shoe(s). You may need to remove the shoe's insert to accommodate the FO's.
- Place your foot inside the shoe and lace your shoe to the top.

### Wearing Schedule:

- Gradually increase your wearing time during the first several days. On the first day, only wear your foot orthotics 1-2 hours. The average break-in period is 7-10 days. If you do not experience any problems, increase your wear time by 1-2 hours daily until you've reached a full day of wearing your inserts.
- During this time frame you may experience muscle aching or fatigue. This is normal. Any discomfort that does not subside after the break-in period, please contact your practitioner.

### Skin Maintenance:

- **Check your skin** frequently, especially if you have reduced sensation. Some redness is common and should disappear within 20-30 minutes. Should any pressure spots, rash or other skin irritation last for longer than 30 minutes, remove your inserts and contact your orthotist immediately.

### Orthosis Care:

- Clean your foot orthotics regularly wiping all surfaces with a mild soap and warm water, rinsing thoroughly. For plastic inserts, use alcohol spray to disinfect. Dry completely before wearing. Do not use hot water or heat to dry as this may damage the inserts. Do not dunk your foot orthotics in water for this may also damage the inserts.
- It is recommended to have your foot orthotics inspected by your practitioner occasionally for damage or wear and tear.

If at any time you have questions or concerns, please contact your pedorthist/orthotist.