

Patient Care Guidelines for Custom Foot Orthoses

These custom foot orthoses are designed to give support to the arch area of the foot. Sometimes the extra support under the arch is used to relieve stress on stretched tendons, support fractured bones, or take weight off tender areas. Other times the orthoses are used to influence the roll of the foot. They are also designed to resist an arch that is rolling over. Ultimately, the orthoses can do several of these functions at once.

Starting Out

Gradually increase your time of use with your custom foot orthoses. In the beginning wear them for a short period of time (1 to 1.5 hours) and take them off. Remove your socks and check for redness that you may not feel. Be sure to check the bottom of your feet as well. Put back on your shoes with inserts, wear them for a longer time and inspect the skin again.

Always be sure that the inside of the shoes are clean, dry and free from foreign objects.

Self-Examination

Visually inspect your feet every day for blisters, cuts and scratches, especially initially, when your custom foot orthoses need to be broken-in.

The Shoe

Orthoses usually work best in shoes with a closed toe and low heel. Make sure that the orthoses are back in the heel of the shoe to insure that it is supporting your entire foot properly.

Care

To clean your orthoses, simply wipe them with a damp cloth. Use soap only as needed. Do not submerge in water or wash them in a washing machine. If your orthoses squeak, add powder to your shoes and the squeak should stop.

Realistic Expectations

Your foot condition took time to develop and it will take time to go away. If you wear your orthoses, your condition will lessen over time. Orthoses will allow your feet to function more comfortably.