

Care of your orthoses

- Clean orthoses by wiping with a damp cloth
- Avoid leaving your orthoses in hot environments such as inside a hot car
- If squeaking occurs in your shoes, when wearing your orthoses, try sprinkling baby powder underneath the orthoses inside your shoes to reduce this.

Review of orthoses

- An orthoses review is recommended every 2 – 3 years as your feet may change.
- If your symptoms return please contact your Clinician.



Contact Number: 6207 9977

Clinic Locations:

Belconnen Community Health Centre
56 Lathlain Street, Belconnen

Dickson Community Health Centre
111 Dickson Place, Dickson

Gungahlin Community Health Centre
57 Ernest Cavanagh Street, Gungahlin

Phillip Community Health Centre
17 Corinna Street, Phillip

Tuggeranong Community Health Centre
147 Anketell Street, Tuggeranong

Village Creek Centre
37 Kingsmill St, Kambah

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ORTHOSES WEARING INSTRUCTIONS



Even the best orthoses will be ineffective unless you wear them in the correct shoes.

Getting accustomed to your orthoses

- Orthoses work by improving the function of your foot. They also change the function of the muscles within your foot and the muscles entering the foot from your leg
- These changes mean that it is important to wear your orthoses in slowly otherwise you may experience pain in the feet, legs, lower back or get blisters on your feet
- It is not unusual to have minor discomfort in the foot and/or leg to occur during this wearing-in period
- If you experience discomfort, try reducing the time you are wearing the orthoses. Gradually increase the wearing time in small tolerable amounts, as you feel comfortable
- If at any time during the wearing-in period you experience significant pain you should stop wearing the orthoses and contact your Clinician.



Wearing instructions

- First remove any existing insoles from inside your shoes
- Place the orthoses into your shoes. Make sure the heel sits all the way back against the inside heel of the shoe, and that they are in the correct shoe
- To help prevent skin irritation, your orthoses should always be worn with socks
- Wear your orthoses for only one hour on the first day, two hours on the second day, and three hours on the third day and so on... increasing by one hour each day
- If your orthoses are causing discomfort, gradually increase the wearing time in 15 minute intervals instead
- When you can wear your orthoses all day, with no discomfort, you may begin wearing your orthoses all the time
- You should not wear your orthoses when participating in sport until you are able to wear them all day and you are finding them comfortable for walking.

Footwear for orthoses

- The importance of wearing the correct footwear with your orthoses cannot be over-emphasised. Even the best orthoses will be ineffective unless you wear them in the correct shoes
- Deformed or excessively worn shoes should not be worn as they can counteract the effect of the orthoses
- Orthoses require footwear with an enclosed heel. This prevents the orthotic from slipping in the shoe
- Footwear should always be the correct length, width and depth for your feet to prevent friction
- The 3 main features you should look for in good footwear include:
 - **Firm heel counter** - area on the back of the shoe; must not be able to flatten the heel counter when pressed
 - **Limited mid-shoe twist** - the front of the shoe should not twist easily on the back part
 - **Forefoot bend** - shoes should naturally bend where your toes bend - not in the middle of the shoe.

