

## CARE INSTRUCTIONS

You have been issued with a pair of functional foot orthoses to help your foot problem. It may take a while for you to become used to wearing them. Just as your eyes must adapt to spectacles, your feet must adapt to the altered function offered by the orthoses.

### Wearing Instructions

1. On the first day of use, the orthoses should be worn for one hour.
2. On each subsequent day, increase the wear time by one hour. This hourly increase is continued until the orthoses can be worn comfortably all day.
3. Occasionally, because of the relatively large degree of adaption required, this rate can be too sudden and the wear of orthoses may lead to discomfort.
4. If symptoms are mild, reduce the wear time by half an hour, then build up the wearing time by half an hour daily.
5. If the symptoms are more severe, or persistent, especially in the lower back or behind the knee, contact your podiatrist as an adjustment maybe required.

Note: with young children, it is sometimes wise to restrict the wearing of the orthoses to home only, until 5 consecutive hours of wear have been achieved with comfort. This allows more careful monitoring by the parent or guardian.

### Use during sporting activities

After the orthoses have been worn comfortably for at least 8 hours, they may be inserted into sport shoes, but only for one quarter of the time in sporting participation. Therefore, if the sporting activity lasts for one hour, wear the orthoses for 15 minutes.

### Caring for your orthoses

Your orthoses maybe be cleaned by being gently sponged with warm water, followed by drying with a paper towel. Do not soak your orthoses or dry them artificially.

Note: Do not attempt to modify your orthoses yourself. If modifications are required, please contact your podiatrist. Always take your orthoses to your appointments so they can be assessed for modification or replacement.

