

WE FIX FOOT PAIN

WEARING YOUR ORTHOTICS

It is imperative that you carefully follow these instructions and those of your Podiatrist in order to reduce the time taken to get used to wearing your orthotics.

DO NOT expect to be totally comfortable when wearing your orthotics for the first time.

1. Remove existing insoles or pre-moulded padding from footwear, where appropriate.
2. Place your orthotics into footwear as instructed by your Podiatrist, ensuring that folding or creasing does not occur to any covers or extension padding. Ensure that the heel area of each orthotic is pushed firmly against the back of the shoe.
3. A gradual increase in orthotic wearing time is recommended. Your Podiatrist has suggested that you wear your orthotics for just one hour on the first day, increasing the wearing time gradually each day until you can comfortably wear them all day.

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4. If your orthotics become acutely uncomfortable on any particular day STOP WEARING THEM and REDUCE the wearing time on the next day, before gradually increasing the wearing time by 15 minutes each day.

5. Initially you may encounter minor foot discomfort. If this persists for longer than 2 weeks please return to your Podiatrist.

6. As sporting activity places greater stress upon your feet, legs and back, you should only wear your orthotics playing sport once you can wear them comfortably during everyday activity.

7. Occasionally orthotics require slight adjustment in order to accurately correct your foot posture and function. If you are having any problems consult your Podiatrist as soon as possible.

8. If shoe fitting problems occur (slipping at the heel) try shoes with a deeper heel cup or heel grips. Alternatively, consult your Podiatrist for further instructions.

9. Your Podiatrist will need to assess your progress 6 weeks after the issue of your orthotics. It is essential that you return for your review appointment at the prescribed time. Subsequent annual reviews are recommended to ensure optimal function of your orthotics.

NOTE: For your convenience you can order a 2nd pair of orthotics using the original casts for approximately 50% of the original fee. This must be done within 2 years of receiving the original pair. You may also be able to claim some of the cost on Private Health Insurance if applicable. Contact your Podiatrist within 2 years to discuss this option.

