

ORTHOTICS – HELPSHEET

WHEN YOUR FEET HURT....

Aching feet and painful lower limb problems don't have to be tolerated. The cause of such problems is often due to misalignment of the soft tissue and joints in the structure of the foot. Problems include:-

- Corns and Callous
- Aching and Tired feet
- Ankle sprains and weakness
- Over pronation
- Sports related injuries

Pain caused by misalignments can occur in:-

- The lower back
- The hips
- The knees
- The ankles
- The feet

WHAT ARE ORTHOTICS?

An orthotic is a device which is designed to be custom made to help your foot complaints, they are written to a prescription, just like a pair of spectacles. They live inside of your shoe and attempt to improve the structure and function of your feet, by doing this we will hopefully decrease your pain.

WHEN DO I WEAR MY ORTHOTICS?

- Wear your orthotics for one hour on the first day and then increase the usage each additional day for one hour. After seven to ten days you should be wearing your orthotics all day.
- If you feel aches and pains you may be wearing your orthotics for too long. Reduce the amount of time that you are wearing them. If pain persists please contact your practitioner. You may need some adjustment to your orthotics.
- Poorly fitting orthotics may not work properly. Please check that they fit in your shoes properly. If you are having difficulty please contact your practitioner.
- If you are using your orthotics for athletic purposes then firstly make sure that your sports shoes have room to accommodate the orthotics. This may mean removing any insoles from the shoes.
- When building up the usage of orthotics for sport it's important that you can firstly walk around in them comfortably. When you can walk around in your orthotics all day, you can then progress to using them for sports activity. SLOWLY build up the usage of the orthotics by doing no more than 30 minutes sporting activity on the first day and then increasing orthotic usage by an additional 30 minutes daily. **IF YOU HAVE ANY CONCERNS PLEASE CALL YOUR PRACTITIONER.**
- Whilst getting used to your orthotics it is important that you monitor your progress. If you are continually getting aches and pains then they orthotics may need modifying by your practitioner, if in doubt call your practitioner. Aches and pains are quite rare the vast majority of patients wearing orthotics will usually side a progressive improvement of symptoms.

We hope that this basic fact sheet helped, it is not intended to be a definitive guide to how to use orthotics and can never replace the expert advice that your practitioner can give you.