



# **Orthotic & Prosthetic**

**SPECIALTIES INC.**

## **FOOT ORTHOTIC (ARCH SUPPORT) USE AND CARE INSTRUCTIONS**

A Foot Orthotic, or Arch Support, is a custom molded device made from a variety of materials ranging from rigid plastic to soft foams. It is designed to support the arches of your foot and redistribute your weight to different areas to prevent excessive pressure. It may also correct mild alignment problems.

Please read the following instructions for wearing your Foot Orthotic (Arch Support), and add any special instructions given to you by your physician or pedorthist/orthotist.

### **HOW TO USE YOUR FOOT ORTHOTIC (ARCH SUPPORT)**

- Wear the foot orthotic in a lace-up shoe that has enough room for both your foot and the foot orthotic to fit comfortably. If you have questions about your shoe, ask your pedorthist.
- Begin wearing your foot orthotic for 1-2 hours at a time, then take it off and rest your foot. Alternate wearing the foot orthotic and resting your foot for the first few days. Allow your foot to get used to the foot orthotic gradually.
- Slowly increase your wearing time throughout the next several days.
- Check your foot for red pressure areas when you remove your foot orthotic. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients that are diabetic or have poor sensation in their feet.

## **DIABETIC SHOES USE AND CARE INSTRUCTIONS**

- Visually inspect your feet every day for blisters, cuts and scratches, especially initially when shoes need to be “broken in”. Every couple hours is recommended in the “break in” period.
- Always be sure that the insides are clean, dry, and free from foreign objects.
- It is recommended to wear socks in the shoes, as compared to nylons. Socks absorb perspiration and act as a barrier to reduce friction.
- The laces should be pulled snug to insure that the foot and shoe are moving in unison.
- The outside of the shoe should be maintained like any other shoe. Polish, saddle, mild soap and water work fine.
- After you have had the shoes for several months, check to see if they are wearing evenly. Sometimes uneven wear means that there could be a problem. If this exists, call your pedorthist and ask for their opinion.

### **IMPORANT NOTES ABOUT YOUR DIABETIC SHOES AND FOOT ORTHOTICS**

The diabetic and insensitive foot requires close monitoring. It is VERY important to keep all follow-up appointments made by your pedorthist/orthotist. Schedule an appointment with our office if any unexpected problems occur.