



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.

IMPORTANT NOTES ABOUT YOUR FOOT ORTHOTIC (ARCH SUPPORT)

A Foot Orthotic is a specialized device. It is VERY important to keep all follow-up appointments made by your pedorthist/orthotist. Schedule an appointment at our office if any unexpected problems occur.