



# **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.

## **EXTRA DEPTH SHOES USE AND CARE INSTRUCTIONS**

- Begin wearing shoes 1-2 hours the first day and increase 1-2 hours more each day.
- Check your feet after removing shoes for red pressure areas.
- Fasten the closures snugly to the foot. The best way to manage the foot is to keep it firmly placed in the heel seat.
- Please utilize the top lace locking eyelets. This will prevent heel slippage and keep the foot in one position in the heel seat.
- Wear cotton socks, never stockings.
- Allow wet shoes to dry at room temperature, never near a heating vent.

### **IMPORANT NOTES ABOUT YOUR EXTRA DEPTH SHOES AND FOOT ORTHOTICS**

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.