



# Wearing In Your New Orthoses And How To Care For Them

**Well done and congratulations new orthoses are an important step to getting you back on the way to healthy feet.**

Your orthoses are designed to hold your feet in a correct position, so you will find they initially feel strange and almost uncomfortable. This is due to the new arched position in which your orthoses hold the bones, muscles, ligaments and other soft tissue of your feet.

## **How should I “wear in” my new orthoses?**

You need to wear your orthoses in slowly initially over an extended period. Day 1 we suggest you only wear your orthoses for a maximum of an hour. For people over 65, or those who are post surgery or traumatic injury, just half an hour.

Day 2 we suggest you increase by another hour or ½ hour respectively. This will continue hour or half-hour increments each day until you reach 6-7 hours. At this time you may begin to wear your orthoses for the entire day.

## **What about sport or exercise?**

It is strongly recommended you do not wear your orthoses whilst playing sport or completing exercise during this initial period. You may only wear your orthoses in sport or exercise when you are able to wear your orthoses for an entire week all day, everyday, without discomfort. Please contact our office should you be concerned.

## **Is discomfort or pain normal?**

You may experience slight discomfort during the initial periods of wear of your orthoses. This is normal and relates to the changes required of the bone and soft tissue structure of your feet.

**You should not experience Pain!** If you experience pain please contact our clinic immediately. Our helpful staff will be happy to assist you.

## **Will I need new shoes?**

Orthoses and new footwear go hand in hand. Old worn or poor quality footwear will dramatically affect the way your orthoses work. Please see our orthoses and footwear hand out for more detailed information.

## **How do you care for your orthoses?**

Never put your orthoses in a washing machine. This will damage your orthoses. A small nailbrush with household soap scrubbed over the orthoses should clean them adequately.



**Lastly, and importantly, remember your orthoses are only part of your recovery program. The stretching/exercise program your podiatrist has designed for you is important. The more diligent with this you are, the more likely you are to head to a quick recovery.**

