

GETTING TO KNOW YOUR **ORTHOTICS**



WEAR YOUR ORTHOTICS IN GRADUALLY

Wear your orthotics in your shoes for up to 1 hour on day 1, increasing by about 1 hour each day, until you can wear them comfortably all day.



STOP IF THEY ARE UNCOMFORTABLE

As soon as your orthotics become uncomfortable, take them out and try again the next day. If you wear them in slowly they are less likely to be uncomfortable.



DON'T WORRY IF THEY FEEL STRANGE AT FIRST

Your orthotics are changing forces through your foot and leg and applying pressure on different parts of the foot that may not be accustomed to it. This is another good reason to wear them in gradually.



MINOR 'TWINGES' ARE NORMAL

You can expect to experience mild sensations in the feet, legs and back while you are getting used to your orthotics. This is normal as your body's musculoskeletal system adapts to the change.



LOOK AFTER YOUR ORTHOTICS

Wash your orthotics with warm soapy water to keep them clean. Keep to your review appointments in order to ensure that your orthotics are fitting and working properly. See your Podiatrist if they become damaged or worn.

NEED MORE HELP? CONTACT US AT

WWW.ACTIVEPODIATRY.CO.UK