

# Orthoses

## What is an Orthotic?

An orthotic is a supportive insert that, when placed in the shoe, corrects or supports foot posture. Orthotics fall into three main categories: simple insoles, semi-rigid inlays and moulded inlays.

## Why have you been prescribed an orthotic?

Corns, callus, knee pain, and many other related conditions, can be helped or relieved by correcting or supporting foot posture. A functional orthotic is a specifically designed insert to perform this function. The Podiatrist that you have seen may have identified a mechanical problem in the posture and function of your lower limb and will therefore have prescribed an orthotic to address this problem.

## Instructions on fitting and wearing your orthotic

An orthotic, when placed inside your shoe, will reduce the total space within your shoe. It is therefore important that your footwear is suitable for the prescribed orthotic. Orthotics are designed to be fitted in shoes which are: deep enough at the toe box, are wide enough, and ideally have adjustable fastenings e.g. laces, buckles, velcro. Your podiatrist will need to assess your footwear for suitability.

## Do I need more than one pair of orthoses?

Orthoses can generally be transferred between footwear. When changing the orthotic from shoe to shoe, please check that it is fitted correctly. Your podiatrist will advise you if, and when, it needs replacing. Even though an orthotic may appear worn / dirty, it is unlikely that the effectiveness of the device will have deteriorated.

## Wearing your orthotic

You may initially experience some discomfort whilst wearing your orthotic, but this should be for only a brief period of time. If you do have problems (other than that with which you presented) please contact our department.

- We recommend that you wear your orthotic initially for a maximum one-hour period, and then remove your footwear to check for signs of friction i.e. redness, breaks in the skin, blisters.
- The amount of time wearing your orthotic should be built up gradually over the next few days until they can be worn all the time (approximately 2 weeks).
- It is of great importance to the success of this therapy that you follow this advice and the advice supplied by your podiatrist.

## Care of your orthotic.

Orthoses can be wiped with a damp cloth. Please do not machine-wash your orthotic.

**If you have any comments about this leaflet or the service you have received you can contact :**

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Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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