

Bio-Medic Appliances, Inc.

Care and Use Instructions for your Foot Orthoses

Goals:

- The initial goal for foot orthoses is comfort and tolerance over the break in period
- Within one to two weeks, the wearer should be up to at least 8 hours of wear comfortably
- Your foot orthoses are intended to:
 - Accommodate your feet
 - Correct your alignment
 - Reduce pain
 - protect your feet
 - Improve balance, coordination and gait mechanics
- The long-term goal of foot orthoses are to maintain proper foot health

Wear Schedule:

- On day one, the foot orthoses should be worn 1-2 hours and each consecutive day, the wear can increase by 1-2 hours provided foot inspection shows healthy skin and wearer is comfortable
- Inspect your feet for any redness every time you remove your shoes and foot orthoses.
- If no redness appears, follow the 1-2 hours incremental break in schedule

Precautions:

- Blanching/redness of the skin is normal. Redness should resolve after a 20-30 minute break from wearing the foot orthoses.
- Discomfort /soreness can occur while getting used to wearing your foot orthoses, listen to your body and take additional breaks from foot orthosis wear if your feet are not comfortable.
- If you have any blisters or sore spots, discontinue wear of foot orthoses and call your orthotist.
- Squeaks and Noises – The solution for squeaky orthotics is to sprinkle a little talcum powder in your shoes and/or add a little paraffin or silicone spray to the front edge of the orthotics. This will reduce the friction that makes orthotics squeak.
- Damaged or Lost – The solution to damaged or lost orthotics is to contact your foot specialist immediately for a replacement or repair. If you have been given

undamaged foot molds, you may be able to use them towards your next pair of foot orthotics. **Keep your orthotics away from your dog, who may wish to chew on them.**

- Changes in Your Feet –If you or your feet change so that the orthotics do not fit or function normally, contact your orthotist.

The Right Shoes for Your Orthotics:

Foot orthotics work best in low-heeled closed back shoes or athletic shoes. For women’s shoes with heels higher than 1-1/2 inches, only use orthotics designed specifically for high-heeled shoes.

How to Clean Your Orthotics:

Clean your orthotics with mild soap and warm water. Rinse thoroughly and dry with a towel. Do not use hot water or hot air on your orthotics, as this may distort the orthotics and reduce their effectiveness.

Sports and Orthotics:

Depending on your activities and the kind of orthotics you have now, you may need special sports orthotics in addition to your everyday orthotics. Specially constructed sports orthotics will protect your feet during specific activities and help you achieve your best performance.

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Please call Bio-Medic Appliances if you have any questions or concerns or if the wearer has any physical changes that affect the fit or function of this orthosis. If you need to reach our clinician on-call, please call one of our offices listed above. This will give you the pager number to reach a clinician.

Essex: 802-878-0930 ~ Rutland: 802-776-4997

I have been verbally instructed on and received written instructions for the foot orthoses for

Myself \_\_\_\_\_ My child \_\_\_\_\_ My husband/wife \_\_\_\_\_ Other \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_