

## FOOT ORTHOSIS GUIDE

You have received a foot orthosis from Orthotic & Prosthetic Specialties, Inc. Your orthosis is a specialized device, and its use may require specialized instructions. These may come from your Orthotist, Therapist, or Nurse as directed by your Physician. Your Physician determines the medical need and wearing schedule for your orthosis, which in turn determine your individualized instructions. Following are general guidelines for wearing and caring for your foot orthosis. Your doctor may alter or supersede any of them, and you should follow his/her directions carefully.

Your foot orthosis is ineffective and will not stay in place without a shoe; therefore it should be worn with a shoe at all times. A sock or stocking worn under the orthosis will act as padding, make it easier to put on (don) and take off (doff), and keep you drier from perspiration. Smooth out all wrinkles, keep the socks clean, and change them frequently. Using pure talcum powder or corn starch under the sock will help keep it dry.

You may require a shoe one or more sizes larger than usual to comfortably accommodate your orthosis. Your orthosis may fit and function differently depending on the size and style (width, depth, heel height) of shoe used. You will probably not be able to use your orthosis with spiked heels, sandals, slippers, or most loafers. Your Pedorthist or Orthotist can advise you on shoe selection.

Place your orthosis in your shoe and then put the shoe on your foot. You may need to loosen any laces or straps to do this comfortably. Use a shoe horn if necessary to protect the heel counter of your shoe; however be careful as a shoe horn can puncture some foot orthosis materials. Keep your shoes fastened tightly enough so that your foot and orthosis do not slide inside the shoe but not so tight as to cause pressure marks.

Your orthosis may fit correctly and still feel uncomfortable at first. You may also experience some discomfort in other parts of your body in reaction to the new (corrected) alignment the orthosis is providing. If these conditions are severe or persist, contact your Pedorthist or Orthotist.

After wearing your shoes for one half hour, remove the shoes and stockings and look at the skin on your feet (sides, top, bottom, back of heels and legs). Use a mirror if you have trouble seeing the backs or bottoms of your feet. If you see red areas, this means pressure. Check the amount of time it takes for the areas to disappear. If the red areas are gone in one half hour or less, or if you see no redness areas, put your stockings and orthosis back on again and recheck in one hour. If the skin looks good, you may double the time you wear your shoes and orthosis each day.

If you notice pressure areas that do not go away in one half hour, do not put the orthosis back on, but try again the next day. If the areas still do not go away in a short time, do not wear the orthosis. Call your Pedorthist or Orthotist for an appointment so the problem can be corrected before any damage to your skin occurs.

Check the skin on your feet frequently, at least once a day. Feet change and you cannot always rely on how the orthoses feel on your feet to know that they are not causing a problem particularly if you are diabetic or have another condition resulting in decreased sensation. Significant swelling of your leg or large changes in body weight may cause improper fit of your orthosis, making an adjustment necessary.

Your orthosis may accumulate and absorb dirt and perspiration, and can be wiped out with a damp cloth, mild soap, or rubbing alcohol. Make sure no soap residue remains, and allow the orthosis to dry at room temperature or in front of a fan. Do not dry your orthosis with a hair dryer or place on or near a heater.

Please call Orthotic & Prosthetic Specialties, Inc. at 531-2773 if you notice signs of excessive wear anywhere on your orthosis, or if you are having other difficulties or have questions about your orthosis.

Do not attempt to adjust or repair your orthosis yourself. We will make every attempt to resolve any problem or answer any question as soon as possible.