

ABOUT YOUR ORTHOTICS

WHAT ARE ORTHOTICS?

Orthotics is a general term for a corrective device placed on the body. This term includes orthotic arch supports placed inside shoes (singular - orthosis). An orthosis can also be things such as back braces, knee braces and hand splints etc. The person who prescribes, fits and manufactures Orthotics is called an Orthotist.

WHAT DO ORTHOTICS DO?

A functional foot orthosis is a means to control and correct abnormal alignment and re-distribute forces of the foot and lower leg. This acts to reduce pain and deformities (e.g. heel spurs), prevent injury and increase comfort.

WHAT FOOTWEAR WILL THE ORTHOTICS FIT INTO?

To determine which shoes will fit your orthotics, an assessment of your current footwear is made (those which you wear most often). There are different types of orthotics which can be made so they fit the majority of your favourite footwear. However, not every pair of shoes is able to fit orthotics or will be suitable for your foot health. Footwear recommendations may be given to assist your feet. If required, you may wear dress shoes that do not accommodate the orthotics, for short periods. When buying new shoes, always remember to take your orthotics with you so you can try the shoes on with the orthotics inside.

IS THERE ANY MAINTENANCE?

Your orthotics need little maintenance. If you feel that they need to be cleaned, use only warm water and mild soap. Do air out your orthotics regularly. Your Orthotist will advise you how often you are required to return for changes and maintenance.

ARE THERE ANY ADJUSTMENTS TO BE MADE?

You may feel slight discomfort and tightness until your feet become accustomed to the orthotics. If discomfort becomes too great, rest your feet from the orthotics for an hour or so, avoiding impact sports, long runs or walks. Repeat this process until you feel comfortable wearing the orthotics for longer periods. If after your last visit you feel that adjustments need to be made, please contact your Orthopaedics Australia practitioner for a review visit.

HOW LONG WILL THEY LAST?

To judge the life of orthotics is difficult, as there are many factors involved such as the patient's weight, wearing time, wearing environment, etc. Generally, your orthotics should last between 2 to 4 years for semi-rigid and up to 7 years for rigid orthotics. If required, your orthotics may be re-covered once. A notice will be sent to you to remind you to return for review visits.

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