

ORTHOTICS WEAR IN INSTRUCTIONS

Thank you for choosing Foot Mechanics, here is some important information for the use and care of your new orthotics.

WEAR IN: There is a 10 day wear-in period to adapt to wearing them. Wear your orthotics for 1 hour on the day you receive them. The next day wear them for 2 hours, the third day, 3 hours. Increase the time you are wearing your orthotics by 1 hour each day until you are wearing them all day. Do not use them for sporting activity until you are wearing them all day. When you start using them for sporting activity the initial wear time is 1/4 of your activity. For example, if you are running 4 kms, the orthotics should be worn for 1 km. The duration that you wear your orthotics can be increased by the further 1/4 every 3 days. Orthotics are used to improve foot function, lower limb posture and movement. The nature of this type of treatment is mechanical and can take time to feel the results. Some people have immediate improvement but for most it takes 4 to 12 weeks, and for some up to 6 months. If symptoms continue after 3 months make an appointment to see us, as further treatment may be necessary.

FIT: Your orthotics should slip in and out between different shoes of the same type and shape. If your orthotics do not fit into one pair of shoes we can usually solve the problem, so please ask. Its important to remember that an orthotic made for sport shoes will not fit into a dress shoes. We do have special orthotics for dress shoes available. If your shoes have removable insole take these out to allow more room for the orthotics. Your orthotics provide the best support if used in a stable shoe. Generally a lace up shoe, in good condition, is the best. However, if you have a specific sport, you may need a 'dedicated' shoe for that particular sport. We are happy to recommend the type of shoes you should be wearing.

CARE: You can hand wash your orthotics in warm soapy water. Do not put your orthotic in direct sunlight or heat. The orthotic material is heat mouldable and can be over-heated, if this happens your orthotics will deform and be of no use to you. The top cover is subject to wear and tear depending on your activity level and will need replacing within the lifespan of the orthotic. There is a fee for recovering the orthotic.

LIFE SPAN: You should expect your orthotics to last for approximately 3 years. At this stage we will contact you for reassessment and replacement of the orthotic.

If you have any questions call us on 0800 436 686.