

DANKMEYER

PROSTHETICS & ORTHOTICS

Wearing Your Custom Foot Orthoses

Your foot orthoses were prescribed by your doctor and personally designed to relieve your specific foot problem or meet your particular athletic needs. It is important that you read and follow these specific instructions if you are to obtain the desired results from your orthoses.

1. Always place the orthoses into your shoes as far toward the back as possible. Make sure the correct orthoses are in the left and right shoes.
2. Wear your orthoses for only a couple of hours the first day and increase wearing time by an hour or two each day. The break-in period may be easier for some people and slower for others. Use your common sense and listen to your feet during this period.
3. Foot orthoses change the way you walk and the way your muscles work. You may start using muscles you have not used in a long time. Foot and leg muscles fatigue as well and discomfort can occur during the first two weeks.
4. If your orthoses squeak while walking, place a light layer of talcum powder in your shoes under the orthoses.
5. Discuss the different types of dress shoes and athletic shoes that are best for you with your orthotist. Foot orthoses work better in certain styles and types of shoes.
6. When purchasing new shoes, take your orthoses. When purchasing athletic shoes it may be necessary to remove their insoles. Ask your orthotist.
7. Foot orthoses are designed to work best when wearing socks or stockings.
8. Never wash your orthoses in hot water or leave them in your shoes when your shoes are wet. To clean your orthoses, use a wet towel or a light spray of rubbing alcohol.

If your orthoses are uncomfortable after the break-in period, please discuss this with your orthotist. If your orthoses pinch or cause blisters, please stop wearing them and consult your orthotist. Your orthoses were custom constructed on casts of your feet and slight variations from your feet appear in the cast; therefore, minor adjustments are occasionally necessary.

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Hours of Operation: Monday through Friday, 8:00 am - 4:00 pm