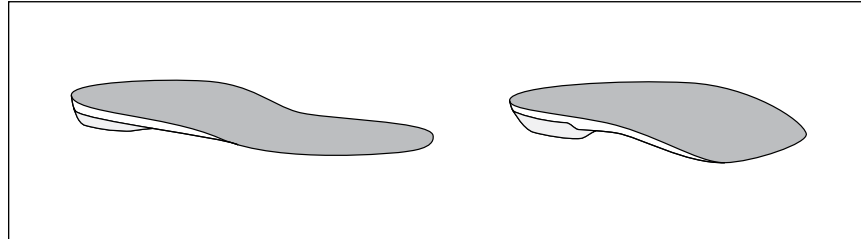


HOW TO WEAR AND CARE FOR YOUR FOOT ORTHOSES

Mary Pack Arthritis Program • Occupational Therapy



Foot orthoses are medical devices, worn inside your shoes, which support and control the way your foot moves. Your body will need time to adjust to the support that your new foot orthoses provide. We recommend the following plan to help you get used to your new orthoses:

DAY 1 TO 3:

- Wear your foot orthoses for a maximum of one hour for standing and walking activities.
- You may feel slight discomfort at first. If this doesn't go away or the discomfort gets worse, take the orthoses out of your shoes and then start again the next day. Only increase your daily wearing time by 30 minutes each day. If you still have discomfort, stop wearing your orthoses and contact your occupational therapist (OT) right away.

DAY 4 TO 14:

- Slowly increase the amount of time you wear your orthoses by 1 to 2 hours a day, until you are comfortable wearing your orthoses all day.
- By day 8, you can start to wear your orthoses for heavier physical activity (e.g. hiking, jogging).

If your orthoses are still uncomfortable after slowly increasing the amount of time that you wear them, stop using the orthoses and contact your OT.

Extra Instructions:

SHOES

Foot orthoses only work well when they are worn in supportive and stable shoes. Talk to your OT about what kind of shoes are best for you and will also fit your orthoses. Your OT can recommend a shoe store in your area.

ORTHOSES CARE AND CLEANING

Orthoses can be washed with mild soapy water and air dried.

Do not:

- Soak them in water
- Place them near high heat sources like baseboard heaters or clothes dryers

AFTER DISCHARGE FROM OCCUPATIONAL THERAPY

Orthoses adjustment and warranty

There is a 6 month warranty on the fit and function of the orthoses. Please book an appointment with your OT to discuss any concerns that come up within the warranty period.

Orthoses repair / replacement

Different materials are used to make your orthoses and each will wear out at a different rate. Depending on how much you use your orthoses and how active you are, the orthoses may need new cover material, called a topper, every 1-2 years. If your orthoses still work for you but you need a new topper, or you would like a second pair of the same orthoses, please contact Paris Orthoses directly.

Pariseverybody.com



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