

USING YOUR SEMI-BESPOKE & BESPOKE ORTHOSES

The experimental/semi-bespoke orthoses are designed to hold your foot in a more efficient position and thus help alleviate your complaint, pain, or injury, or to improve your biomechanical efficiency and performance. The devices will probably feel strange to start with. This is because the muscles and the joints in your feet and legs are going to be moving and functioning in a different way.

The following wearing instructions and general information will help you to understand what to expect;

SHOES

Only wear your orthoses in your roomiest, foot-shaped shoes. Orthoses need a stable and supportive base to work correctly. If you have trainers or walking shoes, these are ideal. Wear the devices in these shoes first. After several days, when you feel used to them, start to experiment with other shoes to see which ones comfortably accommodate the orthoses. Orthoses will not function in loose-fitting shoes.

WEARING THE ORTHOSES

Wear your orthoses in gradually: for 0.5-1 hour/s of walking or standing on the first day of use, then increase by 1 hour each day until you can wear them comfortably all day. If any time, you experience discomfort in the feet, legs, knees, or back remove the orthoses for the remainder of that day and start again the next day.

Intensive use over the next 6 weeks is essential to gauge their effectiveness. Should the experimental orthoses be of help then custom-fitted orthoses are recommended.

SPORT

We do not recommend wearing your orthoses for running or any other sporting/ physical activities immediately, (unless you have already been doing so.) Before you start to use your orthoses for sport make sure you can comfortably wear them all day; about 1-2 weeks of wear. Then slowly incorporate them into these activities. Do short runs to start with.

ADJUSTMENTS

Whilst wearing in your orthotics you may find that they need some adjustments to make them more comfortable. The Functional Podiatrist offers a free adjustment period for 3 months from the date of your orthoses were ordered.

FUTURE

The life span of semi-bespoke orthoses depends greatly on activity level and body weight. To maximize the effectiveness of your orthoses we recommend you see us yearly to make any repairs and adjustments to make sure that we can properly deal with any changes to your biomechanics, including changes to sporting activities.