


 Australian Government  
 Department of Health and Ageing

## Therapy Services Fact Sheet

# Wearing and Caring for Foot Orthoses

It will take between one to four weeks for you to become accustomed to wearing foot orthoses. During this adjustment period there may be some discomfort in the form of foot or leg cramping or direct irritation to the skin. To minimise discomfort and to assist you to care for your orthoses, the following instructions will be helpful.

Your Podiatrist will identify the right orthosis from the left orthosis.

- Wear the orthoses for one hour the first day – two hours the second day, increasing the time by one hour each day; so that by the end of the first week, you are wearing the orthoses seven hours a day.
- This regime varies with each person. It may take you more or less time for you to adjust. Let your body guide you. If you are comfortable you may wish to wear the orthoses for more time initially, or you may need to adapt more slowly, wearing the orthoses only half an hour each day initially.)
- The orthoses should be worn with socks or stockings during the 'break-in' period to minimise discomfort.
- Discuss the different types of shoes you may wear the orthoses in with your podiatrist.
- The orthoses may be cleaned with soap and lukewarm water – hot water will damage them. Similarly, wet shoes should be dried with the orthoses removed, as the heat inside the shoe may damage the orthoses.
- If the orthoses or stabilizing device on the bottom (when used) are broken or become damaged, notify your podiatrist at your earliest convenience.

**Please call Therapy Services if you have any difficulties or questions about the use or care of your orthoses.**

### Resthaven Therapy Services:

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