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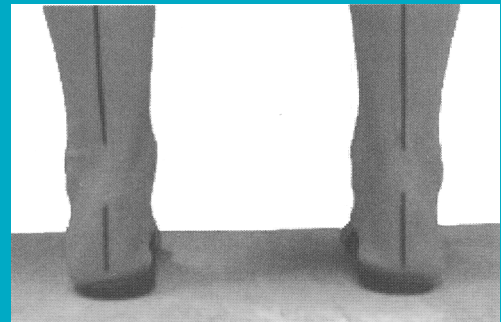
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South Eastern Health
and Social Care Trust

Orthotic Advice



(Custom made inserts)

Information Sheet

Orthotics (or custom made inserts) are placed in the shoe to correct abnormal lower limb mechanics and alignment. Your orthotics are made of a material which has good resistance to compression, offers excellent shock absorption as well as providing the strength to support your feet.

Orthotics can often require special modifications (posting) to be added by your podiatrist to help with lower limb alignment. These modifications will alter the function of your feet and lower limbs. The following procedure is recommended to allow your joints and muscles to adapt to your new foot posture.

Procedure

- Begin by wearing your orthotics for approximately 1 - 2 hours on the first day of issue
- Increase the time by 1 - 2 hours every day until they can be worn all day if need be
- The orthotics should feel like part of the shoe and be completely comfortable within 2 weeks

- It is important to maintain contact with your podiatrist when using orthotics. Your podiatrist may review your progress two months after the issue of your orthotic and yearly after this time. Please contact us if you have any concerns prior to these review dates.

Starting sport with your new orthotics

- If possible it is best to use your orthotics with a new pair of shoes or boots that match both your sport and foot type. Your podiatrist can provide a list of suitable footwear for your sporting pursuits
- Use your inserts for sport only after they are fully comfortable. At this stage introduce them “slowly” to your sport (training sessions are ideal)
- Remove your orthotics and allow them to dry each night. You can clean them with a warm soapy cloth.