***CUSTOM-MADE ORTHOSES***

What is an Orthosis?

The orthoses (also known as orthotics or orthotic devices) that were dispensed to you were made from impressions of your feet. They are custom made to conform to the contours of your feet. Orthoses help straighten the alignment of your feet and legs, thus relieving symptoms of abnormal foot function.

An orthosis is a carefully constructed device that fits into your shoe and controls your foot motions and weight distribution as you walk. The orthotic is constructed under the direction of a specialist and is custom made to meet your specific requirements.

Orthoses are the most advanced devices your doctor can prescribe for you. They are precision instruments and incorporate state of the art medical technology and fabrication techniques with the most modern materials available.

The following wearing instructions and general information will help you through your initial “adjustment” period. Remember, your feet and legs, muscles and bones are going to be moving and functioning differently that before, and you may be aware of this in the early stages. This does occasionally happen. However, this situation is usually temporary and will disappear shortly or following a small adjustment to your orthoses. If you develop any new complaints, advise your doctor at once.

**Orthoses Break-In:**

During the next few weeks, your body will gradually become accustomed to this new and proper alignment. Because everyone is different, the exact period of adjustment is difficult to determine, but it may take you two to six weeks. During this adjustment period, you may experience mild discomfort in other parts of the body such as the knees, hips, or back. This discomfort should disappear as the orthoses enable the foot to realign, achieve the correct posture, and function more efficiently.

Generally, break-in the orthoses gradually. Initially a good rule to follow would be to wear your orthotic devices until you begin feeling normal “adjustment period discomfort.” When this occurs, remove them from your shoes for a few hours. Different people adapt at different rates. Do not break in the orthoses too fast.

Slowly increase your wearing time each day for as long as you are comfortable. Everyone responds differently to their orthoses. Some can wear them initially for only fifteen minutes at a time while others can wear them eight hours or more without any discomfort.

Some of the Sensations you may be aware of initially are:

1. A feeling of firmness or pressure in the heel.
2. Mild to moderate pressure or support in the arch.
3. Mild awareness of the outer borders and heel seats of the orthoses.
4. Mild pressure in the instep, particularly in high arched feet, which can be alleviated by loosening the laces of your shoes over the affected areas of your feet.