

Orthotics

Monmouth Podiatry

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New orthotic guidelines

1. Break them in slowly, its actually the feet and legs, knees, hips that need to be 'broken in'. Ideally start with 2 hours wear the first day, then add 1 to 2 hours each day, so that by the end of the week you are wearing them all day long. If there is any pain anywhere, slow down the break-in. Do not exercise in them (except for walking) in the first week. Your first exercise session with the orthotics should be less intense than usual. There is no rush. Big changes will be happening throughout many of your major musculoskeletal structures. Your orthotics are working to undo damage which has taken many years to accumulate.
2. Look for positive and negative adjustment signs. Positive signs include temporary muscle soreness and reduction in symptoms. Negative signs include worsening of pain in any joint, arch of foot, callouses on pressure points.
3. Be willing to wear shoes that work best with your new orthotics. The shoe should hold your foot and orthotic together snugly. A lace up shoe with moderate to deep heel-seats work well.
Avoid shoes with open heels, heels over 1.5 inches high. Some shoes such as slippers may completely negate the therapeutic value of your orthotics.
4. Wear the orthotics for as much of your standing and walking time as possible and for all exercise.

Most people can get away with wearing dress shoes and sandals without their orthotics for short periods of time.