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FOOT ORTHOSES (ARCH SUPPORTS) USE AND CARE INSTRUCTIONS

Foot Orthoses, or arch supports, are custom molded devices made from a variety of materials ranging from rigid plastic to soft foams. They are designed to support the arches of your feet and redistribute your weight to different areas to prevent excessive pressure. They may also correct mild alignment problems.

Please read the following instructions for wearing your Foot Orthoses (arch supports) and add any special instructions given to you by your physician or orthotist.

How to Use Your Foot Orthoses (Arch Supports)

- Wear the Foot Orthoses in lace-up type shoes that have enough room for both your foot and the Foot Orthosis to fit comfortably. If you have any questions about your shoes, ask your orthotist.
- Begin wearing your Foot Orthoses for 2-3 hours at a time, then take them off and rest your feet for an hour. Alternate wearing the Foot Orthoses and resting your feet for the first few days. Allow your feet to get used to the foot orthotics gradually.
- Slowly increase your wearing time throughout the next several days.
- Check your feet for red pressure areas when you remove your Foot Orthoses. Any reddened area that does not fade after 20 minutes should be watched carefully. This is particularly important for patients who are diabetic or have poor sensation in their feet.

How to Care for your Foot Orthoses (Arch Supports)

- Wash your feet daily.
- Wash your Foot Orthoses weekly using mild soap and water. Wipe your Foot Orthoses with rubbing alcohol to eliminate odors.

Important notes About Your Foot Orthoses (Arch Supports)

A Foot Orthosis is a specialized device. It is VERY important to keep all follow-up appointments made by your Orthotist. Schedule an appointment at **EAST COAST ORTHOTIC & PROSTHETIC CORP.** if any unexpected problems occur.

Special Instructions (If Applicable): _____

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