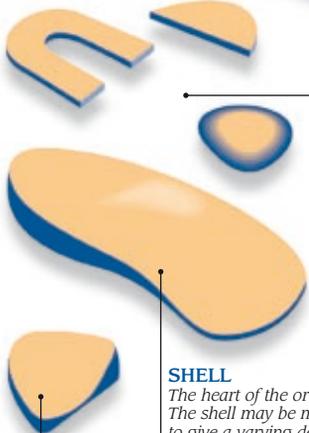


Anatomy of a foot orthotic

TOP COVER

May cover the shell or be extended to the toe web space or full length. If cushioning is required it will incorporate an orthopaedic foam of varying thickness.



PADDING

Is sandwiched between the other layers and located anywhere from the ball of the foot to the heel depending on where the support is required.

SHELL

The heart of the orthotic device. The shell may be made from a variety of materials to give a varying degree of flexibility, rigidity and strength. It cups the foot and maintains it in a more anatomically correct position.

POST

A block attached under the shell, usually on the heel portion and occasionally on the front or side edges. It alters the angle at which the orthotic sits and serves to control the amount of foot motion. The higher the degree of control required the higher the angle on the post(s) etc.



FOOT CLINIC



USING YOUR PRESCRIPTION FOOT ORTHOSES

IMPORTANT – PLEASE READ CAREFULLY

HOW DO I USE MY ORTHOSES?

At the fitting appointment you will have been told about each part of the orthotic and shown how to fit the orthoses into the shoe.

The heel portion should sit well back into the heel of the shoe, with the front edge of the shell positioned just behind the ball of the foot. Most full-length devices will come with a slightly longer top cover. This may be trimmed to ensure a snug fit around the front edge of the shoe.

Become familiar with how the orthotic sits inside the shoe and make sure you know the right from the left.

THE WEARING IN PERIOD

Begin by wearing the orthotics for one hour the first day. Increase use by an hour each day until you are wearing them for the whole day. You will experience a range of new sensations, from support under the arch area and inner border of the heel to a springy cushion feeling. During the wearing-in period you may develop mild aches and discomfort in your feet and or legs. This is a normal part of the wearing-in period and is a sign that your muscles and joints are adjusting to the new positions. Sometimes this can be dealt with by stopping use of the orthoses for a few days and beginning the wearing in process again.

If the discomfort, aches or pains persist, stop wearing the orthotics and immediately contact us.

Our contact details are:

Tel: 0870 873 7711

Fax: 0870 873 6611

Email: info@foot-clinic.co.uk

If you have more than one orthotic you must first become accustomed to those designed for daily footwear. Only then should you start wearing the sports orthoses, following the wearing-in period described above.

WHY DO I NEED MORE THAN ONE SET OF ORTHOSES?

When designing your orthoses we will take into account a number of factors. These include the nature and severity of your condition, your activity levels and your shoe style(s). Generally speaking some conditions may require more control and other conditions will respond to less. If

you are participating in sports, your orthoses may require special design features to deal with higher and varying forces. It is generally much easier to prescribe an orthotic for sports shoes because they have room to accommodate a bulky device. Formal, narrow and some casual shoes often present a challenge because such shoes have less room inside them to accommodate an orthotic device. These may require a slim design so they can be worn comfortably.

HOW LONG DO I NEED TO USE THEM?

Usually most people will need to wear them for life.

The best comparison is with spectacles prescribed by an optician to make the lens inside your eye work and focus better. They will improve your sight, but only when you are wearing them. The same applies to orthoses. They are designed to make your foot function correctly. If you stop wearing them your original problem may return.

On a final note remember the orthotics are there to serve you – if you look after them they will look after you

ARE MY ORTHOSES GUARANTEED?

If your orthoses suffer from a physical defect or poor workmanship we will return them to the laboratory and ensure that they are repaired or remade. However they are not guaranteed to cure your problem. We offer our treatments, which includes the prescribing of orthoses', on information you have provided, observations taken during your assessment, diagnosis made and the treatment plan agreed between us. Accordingly orthoses are prescribed in good faith and with the specific aim of addressing your problem. If your progress is not satisfactory we will help you by reviewing you to see if the orthoses can be modified or improved in order to make a further attempt at resolving your problem. Modification to the orthoses will be made at our expense. However if we feel that further modification are unlikely to make a difference to your condition we will advise you accordingly and recommend what your next option is and help you to access further care by making appropriately referrals.

Our aim is to offer a high quality of care and service and we welcome your feedback.