



Occupational Therapy – Foot Orthotic Wear and Care Instructions

When to Wear your Foot Orthotics

- You should wear your foot orthotics at all times in supportive footwear. It is advisable that you transfer your orthotics from your outdoor footwear to your indoor footwear. This will provide support to your feet for most of the day.
- When you first receive your orthotics you should gradually increase your wearing time.
- If your sandals have a removable insole you should transfer your orthotics from your shoes to your sandals.
- Temporary (Plastazote material) orthotics last for approximately 6 months depending on how much you wear them. Permanent (Biothotic) orthotics last for approximately 2 years. After this time it is recommended to have a new pair fabricated.

Precautions

- It is not normal to have increased foot pain after wearing your new foot orthotics. If you do experience increased foot, knee, or back pain remove your orthotics and insert your previous insoles. Immediately contact your Occupational Therapist to have adjustments made.
- If your foot orthotics cause any one of the following problems STOP WEARING THE ORTHOTICS and contact your Occupational Therapist immediately:
 - Pressure area/redness/blisters
 - Numbness, tingling
 - Severe pain
 - Excessive swelling
 - Burning sensation
 - Changes in the appearance of your skin
- Orthotics will likely not fit shoes without a removable insole.

Orthotic Instructions

- The best way to clean your orthotic is to wipe them down with a cloth that has soap and water on it. DO NOT put your orthotics in the washing machine or dryer as it may damage them.
- Bring your orthotics with you when purchasing a new pair of supportive footwear to ensure that they will properly accommodate your orthotics.

Therapist and Phone Number: _____ 646-6001