



THE FOOT SPOT
podiatric medical centre

The Foot Spot Custom Orthoses – “Wearing Them In” - Patient Information

At **The Foot Spot**, we hope your new orthoses provide you with years of tireless service just like your feet. This information is designed to provide you with all the relevant points you will need when you first start wearing your orthoses.

Orthoses are designed to for many different reasons. Please read the following instructions carefully. This guide along with the information you received from **The Foot Spot** will provide you with a comprehensive set of instructions for “wearing in” your orthoses.

How do I start wearing my Foot Spot orthoses?

Start by wearing your new orthoses slowly. Like anything, they make take some time to get used to. The first day wear them for one hour or so. Increase this by one hour each day, until you are comfortable in them for prolonged periods. After one week you should be wearing your orthoses comfortably for the majority of the day without even knowing they are there!

Should I feel pain or discomfort whilst wearing my Foot Spot orthoses for the first few times?

No. Whilst wearing in your orthoses you should not feel any pain or discomfort related to the device itself. You may however still experience pain which you were feeling prior to introducing your custom made orthoses. If you feel pain or discomfort out of the ordinary to what your problem initially was, you should immediately remove your orthoses and contact **The Foot Spot** immediately.

Can I play sport in my new Foot Spot orthoses?

Eventually yes, but whilst you are in the “wearing in” phase, we suggest you do not. It may take a week or so of getting used to the device before you can comfortably do any type of activity with them in your shoe. Contact us if you are unsure.

Will I need new shoes for my Foot Spot orthoses?

Not necessarily. Good quality footwear, like an orthoses is a necessity when trying to stabilise foot position. Your custom made orthoses have been specifically made by **The Foot Spot** to fit your footwear. If you find a pair of shoes your orthoses do not fit into, we can easily modify them to solve the problem. Please remember – the orthoses are only as good as the shoe they go into.

How do I clean my Foot Spot orthoses?

Your orthoses can be cleaned with a damp sponge. Never immerse your Foot Spot orthoses in water or put them in the washing machine. Do not use detergents or other cleaning agents on them. Do not leave them in the sun or expose them to direct sunlight. Remember your Foot Spot orthoses are tough, but not indestructible!

What is The Foot Spot orthoses guarantee®?

At **The Foot Spot**, we guarantee the polypropylene shell of your orthoses for a full 12 months. If whilst during normal use your orthoses crack, fall apart or deform we will fix or replace them free of charge. Our orthoses top covers also come with a 6 month guarantee against tearing or falling apart.

Any appointment regarding your orthoses within 6 months of their prescription is also FREE of charge. That is part of our guarantee at **The Foot Spot**. We are not happy until your feet are!

76-78 St Pauls Street Randwick NSW 2031

•Phone: 02 9326 3777 •Email: reception@thefootspot.com.au •Web: www.thefootspot.com.au