

Soft Foot Orthosis (FO)

You have just received your new foot orthosis. It has been designed and fabricated just for you to support the longitudinal and transverse arches of your foot and distribute the weight bearing forces evenly on the bottom of your foot. To achieve the best outcome, please follow these instructions carefully.

Applying the Foot Orthosis

1. Select a close fitting and wrinkle-free cotton sock.
2. Select a high quality, lace-up shoe with a removable insert.
3. Place the orthosis carefully in your shoe and then slide your foot in.
4. Check for wrinkles in your sock and then **lace your shoe to the top**.

Wearing Information

1. Gradually increase your wearing time during the first few days. The average break-in period for full time wear is 7-10 days.
2. Check your skin frequently, especially if you have reduced sensation. Some redness is common and should disappear in 20-30 minutes. Should any pressure spots, rash or other skin irritation last for longer than 30 minutes after removal of the orthosis, discontinue use and contact your orthotist immediately.
3. Monitor your discomfort. It is common to have some initial discomfort; however, this discomfort should decrease after the break-in period. If there is increased discomfort, discontinue use and contact your orthotist immediately.

Care of the Foot Orthosis

Clean your orthosis regularly. Wipe all surfaces with a mild soap and rinse thoroughly. Dry completely before reapplying. Do not use hot water or heat to dry.

If you have any questions or concerns, please call your orthotist.