

## Orthotics Footwear



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# Patient Information Leaflet

## Footwear

Orthopaedic footwear is prescribed for numerous reasons, these include:

- To provide control and support to the foot and ankle
- To accommodate an irregular shape or size of foot or specialist insole
- To protect diabetic, osteoarthritic and rheumatoid arthritic feet

Your footwear is designed to provide support and comfort and is made to suit your specific needs.

## When should I wear my footwear?

Always take time to get used to your footwear, breaking it in gradually as instructed by your Orthotist.

Once they are comfortable they should be worn as much as possible to ensure support and protection.

## Typical wearing in schedule:

<b>Day 1</b>	<b>30 minutes</b>	<b>Day 5-7</b>	<b>2-4 hours</b>
<b>Day 2-4</b>	<b>1-2 hours</b>	<b>Day 8-14</b>	<b>4-6 hours</b>

## Feet and Footwear care

Inspect your feet regularly for any blisters, abnormal swelling, warmth/redness or cuts. This is especially important if you are diabetic or have reduced sensation. If you notice any areas of pressure, contact the department for review.

Inspect your shoes for any grit, stones, pins or loose objects. Clean your shoes regularly, using polish for leathers or protector spray for nubuck/suede.

## Repairs

Please keep your footwear in good repair. You can return them into the department for repairs when required, please ensure you include your name and address with items and that your shoes are cleaned before dropping them in.

## What happens next?

Once we are sure your footwear is appropriate for you and you have no problems you can be provided with a second pair from the first referral. You are allowed to up to one pair every year following this. Please ensure you bring your footwear to your appointments to be checked.

**You are responsible for making a review appointment when required.**

Recommended date of next inspection: \_\_\_\_\_

## Contact Information:

Appliance Officer \_\_\_\_\_

Tel: \_\_\_\_\_

Orthotist \_\_\_\_\_