

# **Arlington/Mansfield Foot & Ankle Centers, P.A.**

## **Orthotic Instructions**

This information is provided to help insure the most benefit and satisfaction from your orthotics.

You have been given *Preform Orthotics*, designed to improve the alignment of your feet and legs and relieve symptoms of abnormal foot function.

During the next few weeks, your body will gradually become accustomed to this new and proper alignment. Because each human body is different, the exact period of adjustment is difficult to determine. Although not usually necessary, some adjustments may be made to your orthotics during the first few weeks of therapy.

### **PATIENT INSTRUCTIONS**

- When you first begin to wear your orthotics, they will feel *strange*. This is normal.
- *Wear your orthotics to tolerance*. This may require you to wear them for only one hour the first day, two the second, three the third, and so on. You may wear them more if comfortable; many patients are able to wear them a full day immediately.
- *If your orthotics cause pain, remove them*. Never let them increase your discomfort. On the next, do not attempt to increase the wearing time. Then, resume your schedule the following day, increasing the wearing period one hour per day, or as tolerated.
- Be sure to wear stockings or socks to minimize the possibility of skin irritation.
- Shoe construction will affect your orthotics. They function most effectively in closed shoes rather than step-ins. When purchasing new shoes, try them on with your orthotics to insure proper fit.
- Occasionally, orthotics may squeak in your shoes. This can be eliminated by lightly dusting baby powder into your shoes or rubbing a little bar soap on the edge of the orthotics.
- Care and cleaning: wash in soap and lukewarm water, never hot. Dry thoroughly before re-using.

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***William M. Valentine, DPM, FACFAS***

***John R. Landry, DPM, FACFAS***

***Joe T. Southerland, DPM, FACFAS***

***R. David Warren, DPM, FACFAS***

***Linnie Rabjohn, DPM***