

Horton's Orthotics & Prosthetics

Providing a Lifetime of Support



WEAR & CARE GUIDE

www.hortonsoandp.com

INFORMATION INTENDED AS A GENERAL GUIDE. NOT TO REPLACE DIRECTION FROM YOUR DOCTOR

Wear & Care

What is a FO?

Foot Orthotics (FO) are inserts designed to stabilize or correct a deformity in the foot. They also are used to support a foot that does not have a deformity. FO's come in many different styles and materials. Your Orthotist will design your FO to achieve the best fit and function.

Break In

Your feet are the foundation to your body. Wearing inserts changes your biomechanics. You need time to adjust to your new inserts. For some this may take a few days and others may take a week or longer. Gradually increase the wear time daily to reach the goal set by your Doctor. **DO NOT RUSH THIS!!** Your body may need to build a tolerance to making this a part of your every day activities.

If playing any sports or activities during this period try wearing the inserts during the second half of the activity. This can reduce problems you may get from your feet not being accustomed to the new inserts and it having an impact through out the activity.

Your Orthotist will go over a wear schedule that will best fit your needs.

Self-Examination

During the “break-In” period make certain to check your skin frequently for signs of rubbing or pressure. If you can not inspect all areas touched by the FO get someone to assist you or try using a mirror. Skin with a light pink or red color may appear while your body builds a tolerance. These spots should go away with in 30 minutes. Any marks staying longer could potentially turn into sores or blisters and may need to be evaluated by your orthotist or doctor.

Application

If your FO is a full length support remove the original insole from the shoe. Insert the FO and make certain it fits the shoe properly. It should reach the end of the shoe with no gaps or bulging.

If your FO is a 3/4 length insert try first with leaving the original insole in the shoe. This will make your toes more comfortable Make certain insert is flush with the back of the shoe.

Foot Orthotics

Care

Clean your inserts on a regular basis. Your skin needs to be clean as well. Bathe daily to promote good skin care.

Rubbing alcohol makes a good cleaner. Spray or wipe the inserts with the rubbing alcohol. It dries quick and does not leave a film like soap can.

A damp cloth with a mild soap can also be used to wipe down the inserts if needed.

Shoes

Shoes are an integral part of the inserts and a good fitting pair of shoes should be worn. Lace up is preferred but velcro is suitable if it can be fastened tightly. Some shoes will be difficult or impossible to wear such as low depth dress shoes and sandals. Cross training, walking, and tennis shoes will work the best.

The shoes should be tight enough to keep the inserts from moving around. They do not to be so tight they hurt your feet or cause discomfort.

Don't be afraid to take the inserts with you to shop for shoes. Your orthotist can give you more info on shoe selection

Follow Up

After your initial fitting we would like to see you back in three months to make sure the inserts is functioning properly. You need to be seen at least once a year for other follow ups. You should receive a follow up notice as a reminder. Your orthotist may chose to see you back sooner if needed.

At any time you feel you need to be seen by your orthotist please call and set up an appointment.

Notify your orthotist as soon as possible when you notice any signs of excessive wear.

Do not attempt to fix or adjust your inserts yourself. Doing so could damage the inserts and void any warranties.

Orthotist: _____

Locations

Little Rock

5220 West 12th
Little Rock, AR 72204
501-663-2908
1-800-332-2908
Fax: 501-663-3994

Ft. Smith

2909 South 66th Street
Fort Smith, AR 72903
479-452-3959
1-800-455-3959
Fax: 479-452-4007

Searcy

710 Marion, Suite 304
Searcy, AR 71423
501-268-2272
Fax: 501-268-2994

North Little Rock

4020 Richards Rd. Ste. D
North Little, AR 72117
501-945-0404
Fax: 501-945-0442

Bryant

605 W Commerce
Bryant, AR 72022
501-847-6999
Fax: 501-847-0099

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