

## **Foot Orthosis (FO)**

### **Application:**

Foot orthoses can replace the insole of the shoe and are generally left in the shoe at all times. Some foot orthoses can be transferred from one shoe to another if the shape and style of the shoes are comparable.

### **Break-in period:**

There is a break-in period of 1-3 weeks for foot orthoses. During this timeframe, you may experience muscle aching or fatigue. This is normal. Do not exceed 1 to 2 hours of wear the first time you use your orthoses, including sitting and standing. If you do not experience any problems, increase your usage slowly, adding 1 to 2 hours each day.

Do not wear your orthoses all day at the beginning – initial overuse is the most frequent cause of problems.

### **Cleaning and Maintenance:**

Care of the foot orthosis depends on the materials used. Plastics and foams can generally be wiped clean with alcohol or baby wipes. Leathers can be wiped with a cloth or damp cloth if heavily soiled. Suede can be brushed with a stiff nylon brush.

Do not immerse the foot orthosis in water, as this may harm it. Keep the foot orthosis away from excessive heat to prevent damage to the device.

### **Tips and Problem Solving:**

- Always make sure the foot orthosis is dry before you put it back in the shoe.
- Avoid harsh chemicals or cleaning solutions to clean the foot orthosis – this may cause a skin reaction and or damage the foot orthosis.
- If you encounter any problems, please contact your practitioner.