

## Your New Orthotics

Congratulations! You've invested in a pair of Gaitscan custom orthotics.

They've been custom designed and prescribed by your physiotherapist for you based upon:

- › The type & degree of biomechanics control you require
- › Your activity levels
- › Your physical status
- › The type of footwear in which you will wear your orthotics

### How do they work?

The aim of wearing orthotics is to allow your lower limbs to function in a more natural and efficient manner. This will result in improved biomechanics, improving any symptoms you may have, helping to prevent injuries and allowing you to enjoy your daily activities in comfort.

They work by giving your body information, through the receptors in your feet, showing your muscles & joints how to work optimally, essentially training them.

It's important to keep in mind that people will adapt at different rates and experience different effects based on a multitude of factors; namely age, fitness, body weight, specific foot mechanics, individual issues & history of injuries.

Ultimately, they can only correct your foot position, biomechanics & control whilst you wear them, so please follow your physio's advice & your specific weaning plan to maximise your results!

### General day-to-day Wearing Instructions

When you initially wear your orthotics they may feel different or uncomfortable. This feeling is quite normal. Keep in mind that orthotics are designed to change the way you walk & feel. As time passes, your orthotics should feel comfortable and a pleasure to wear. The instructions below provide you with guidelines to help you become accustomed to wearing your new orthotics.

- › Try to wear your orthotics for one hour on the first day. Increase that time by 1 hour each day, until at the end of 2 weeks, you are wearing them all day i.e.
  - Day 1 - wear for 1 hour
  - Day 2 - wear for 2 hours
  - Day 3 - wear for 3 hours
  - Day 14 - wear for 14 hours

If your orthotics become intensely uncomfortable before the prescribed time, remove them from your shoes and stop wearing them that day. Return to wearing them the next day. Some people adjust more quickly than others to wearing orthotics. If your pain or discomfort persists over a few days, please contact us at the clinic for a free consultation review appointment.

› Some people report a little discomfort when first wearing their orthotics. This discomfort can occur in the legs, knees, hips and/or lower back. This is an indication that your orthotics are working. Small changes are occurring throughout your musculoskeletal structure and it may take time to adjust to these changes. These aches are usually transitory and will disappear in time.

› If the orthotics you were prescribed have a full-length top cover and the extension is too long (extends too far beyond your toes or bunches up at the end of your shoes), simply trim back a little bit of the cover until they fit your shoes properly. Your physiotherapist can do this at your fitting. Just bring a selection of shoes so s/he can get it right for all pairs. However, If your shoe has an insole that can be removed, use the length of this insole as a guide for sizing.

➤ It is not unusual for the orthotics to slip, particularly if they have been placed in slip-on shoes. In most cases this will disappear as your foot function improves. If slipping persists, try to purchase shoes that have higher heel cup/support that will accommodate your orthotics.

➤ Before placing your orthotics in either new or old shoes, it is important to take out all the removable manufacturer's arch supports, rubber or felt additions or other inserts from the inside of your shoes.

### **Wearing Orthotics During Sports Activities**

Start wearing your orthotics in your sports shoes for walking only. Wear them for a period of two to four hours, for two consecutive days. If they are reasonably comfortable, wear your orthotics for your sports activities using the following example as a guide:

1. For the first two days, wear your orthotics for 1/4 of your total activity time i.e. if you run for 1 hour wear them for 15 mins.
2. If you are comfortable, add another 15mins of wearing time every 3 days.
3. After a week and a half you should aim to be wearing your orthotics for the entire duration of your sporting activity.

This information only suggests general guidelines. Your specific situation may well be different based on a wide range of factors. Your Physio will discuss your specific weaning plan with you during your fitting appointment.

Over the following 6-8 weeks, your custom orthotics will be gently correcting your foot position, easing pressure, aches & pains, helping you return to activities you enjoy.

You should book your free follow up consultation for 6-8 weeks after your initial fitting. This is to check how you are getting on with your new orthotics and a chance for you to ask any questions. Please bring your orthotics along with you to this appointment.

### **Caring for your Orthotic**

Cleaning Instructions: To clean your orthotics, take a damp cloth with mild soap and water and gently wipe them down. Let the orthotics dry naturally. Do not use direct heat such as a hair dryer as it can damage the adhesive.

If your orthotics are exposed to wet environments, remove them from your shoes and allow them to air dry naturally.

Placing a small amount of Talcum Powder on your orthotics can control odour.

### **The Future**

#### **Refund and Exchange Policy**

Your Orthotics are individually manufactured based upon your prescription. In the event that you are not completely satisfied with the fit, comfort or quality of your orthotic device, we will work with you to make adjustments and modifications until you are entirely satisfied.

#### **Orthotic Warranty**

Orthotic Shell - The 3/4 length orthotic hard shell comes with a lifetime warranty against factory defects, breakage or cracking. This is the crucial part of the orthotic, that corrects your foot position.

Top Cover - The original top cover in which the working orthotic shell is sandwiched, comes with a 6-month warranty on delamination, tearing and abnormal breakdown. New top covers requested within 6 months of the original order due to delamination, tearing and abnormal breakdown will be free of charge. New top covers requested after the 6 month warranty period, will incur a charge. If the top cover needs replacing, please return to goPhysio & we will send your orthotic to Gaitscan for it to be replaced.

If you have any further questions, regarding the use or care of your orthotic please do not hesitate to give us a call on 023 8025 3317 The goPhysio team!