

Your fitting appointment

Let's get ready to fit your custom made orthosis

Fitting Appointments at Orthokids

Foot Orthoses (FOs), Supramalleolar Orthoses (SMOs), or Ankle Foot Orthoses (AFOs) need to be fitted before they can be worn.

- The process is fairly simple. Your orthotist will first try the new orthosis on you, checking to see if any part should be wider, narrower, or have material added or removed. Your orthotist will also assess standing position in your orthosis.
- They will then adjust your orthosis at our onsite workshop to optimise the fit. This may take some time to complete, please bring some snacks and distractions if you think they will be necessary.
- Once these adjustments are made your orthotist will re-check the fit and test your orthosis within the use it was intended for. This may include sitting, standing, walking and running. Please note that it's critical to bring appropriate footwear to ensure this can occur. See the section 'what is a good shoe?' for more information.
- Your orthotist will then make any further adjustments to optimise your orthosis for function and comfort.
- We'll show you how to put your orthosis on and take it off correctly, discuss how often it should be worn, as well as things to look for. See the section 'what should I be aware of?'.
- The fitting appointment is a great opportunity to ask any questions you have about your new orthosis. If you think of anything after the appointment, your orthotist can be easily contacted via email.

What should I bring to my fitting appointment?

- Please be sure to bring appropriate shoes to the appointment as well as long socks if an AFO is being fitted. Walking aides are also helpful if they are used. Without these items, it is difficult to ensure correct function of orthoses and another appointment may have to be booked.
- It's also helpful to ensure that pants or leggings being worn to the appointment can be lifted above the knee, especially if an AFO or SMO is being fitted.

What is a good shoe? What to look for when buying shoes

Shoes to wear with Foot Orthoses

- You will require good supportive footwear in your standard size for the fitting of your foot orthoses.

- If you are considering increasing shoe size due to growth, it is best to do this prior to the appointment so your new foot orthoses can be fitted to the bigger shoes.
- If you wish to wear your foot orthoses in multiple pairs of shoes, e.g. runners and school shoes, please bring both to the appointment so your orthotist can make sure you are comfortable in all your shoes.

Shoes to wear with AFOs and SMOs

- A shoe that is wide and deep is best for fitting with AFOs. In particular, extra room through the midfoot and toe area is important. Shoes with stitching over toe areas often don't stretch enough for AFOs.
- You may need shoes one size larger to accommodate AFOs/SMOs. However, more than one size larger shouldn't be necessary and can make walking more difficult
- Some brands of shoes that fit AFOs are Billy, ASICS and New Balance.
- When purchasing new shoes for AFO use, it's best to keep them unworn so they can be exchanged if necessary

What should I be aware of with my new orthoses?

- Orthoses should be comfortable to wear after a progressive wear in period, although time to adjust to orthoses can be different for each person. Please contact Orthokids

for a review appointment if you're experiencing ongoing discomfort.

- Some redness after wearing orthoses is normal and should fade within about an hour after ceasing wear. If you see any excessive redness that doesn't go away or seems to be getting worse, please contact Orthokids and book a review appointment.
- Growing out of orthoses happens at different rates depending on age and growth. If you feel that orthoses are getting small, there are adjustments we can make to improve fit and function, so please book a review appointment with Orthokids.
- If any of your other therapists have questions about your orthoses, they can contact your orthotist at any time.

NDIS – Thinking ahead to your child's next pair of Orthoses

- We're happy to provide supporting letters and costs if you have an upcoming planning meeting. Please email info@orthokids.com.au a few weeks prior to your meeting. Please provide your child's name and NDIS number and we'll write a planning letter for you.
- Please note we are only able to quote for one pair per year on our planning letters. However, you can advocate for orthoses to be added twice if your child is growing quickly and will require two pairs annually.

A guide to footwear

Not all footwear is appropriate for orthoses. The guide below is a good starting point, but please discuss specific requirements with your orthotist.

The arch should be stiff and supportive



◀ Try to fold the shoe over in the middle of the arch. It should be stiff here, like this.



◀ This shoe isn't stiff enough through the arch and won't provide enough support

The heel counter needs to be firm



◀ When pushing down on the heel counter, this shoe is stiff – a good choice!



◀ Push on the heel counter from the top. If it squashes down like this, it's too soft

Removeable insole



◀ An insole that's easily removeable helps for extra shoe space

Wide opening



◀ The opening at the laces should be wide and ideally go down to the toes

Questions, comments?

We're always here to help. Please feel free to get in touch with any questions , concerns or suggestions.

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