



# ORTHOKIDS

Children's Bracing and Orthotic Specialists

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## Foot Orthoses (Orthotics)



**'Melbourne's most experienced Paediatric Orthotists'**

**Main Consulting Rooms:** 18 Stirling Crescent, Surrey Hills. VIC. 3127

**Also consulting at:** 219 Abbotsford St North Melbourne (close to RCH)

 [info@orthokids.com.au](mailto:info@orthokids.com.au)

 (03) 98364480

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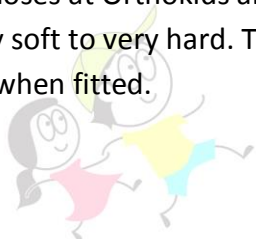
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***Foot Orthoses (commonly called “orthotics”) are designed to redistribute weight-bearing patterns and improve the alignment of the musculo-skeletal system of the lower limbs.***

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Foot Orthoses at Orthokids are usually custom-made made from semi-rigid materials of varying densities, from very soft to very hard. The materials are durable and are able to be adjusted to improve comfort and function when fitted.



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### *First Time Wearers*

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Foot Orthoses (FO's) generally take some getting used to and therefore you should gradually build up the time they are worn.

Begin slowly, for example:

Day 1: 1 hour

Day 2: 2 hours

Day 3: 3 hours

And so on.

Foot orthoses should not be worn for sporting activities in the first week.

The orthoses may at first feel strange and affect your balance slightly. They will change the biomechanical relationship of your feet, legs and hips during standing, walking and playing sport. For this reason it is important that the orthoses are gradually introduced, to allow the body to get used to the changes.

Orthoses should never cause pain. If this is the case, discontinue use and arrange an appointment to have the orthoses reviewed. Problems are usually easily solved with some adjustments to the orthoses.

If there are any problems at all with the orthoses, don't hesitate to call your orthotist, who will be happy to help resolve the situation.



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### *What if they are uncomfortable?*

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If after 3-4 weeks of wearing your new foot orthoses, you are still not comfortable, please organise a follow up appointment.

If you are experiencing a return of your symptoms, please organise a review appointment.

### *Shoes*

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Foot orthoses are made to fit inside shoes and should be positioned so that the back of the orthosis is snug against the back of the shoe.

An orthosis may not be able to fit all types of shoes, as shoe shapes can vary widely. For example, an orthosis made for a running shoe will probably not fit inside a fashion shoe due to the differing sole shapes and room available within the shoe.

The orthoses are made to fit inside your current shoes that you would most commonly wear. Second sets of orthoses for differing types of shoes can be arranged for a reduced cost.



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When buying new shoes, make sure there is enough room for the orthoses to fit. If the shoes have an insole, remove it so that there is more room inside the shoe. Most semi-rigid orthoses at Orthokids are designed to replace the insole of a shoe, rather than go on top of it. It is better to bring in a pair of shoes so that the Orthotist can trim the orthoses to exactly fit the shoes.

Shoes with removable insoles are easier to fit.

The shoe should be of a solid construction, especially in the area around the heel. The outsole should be reasonably stiff from the back of the shoe to about the ball of the foot, where the toes bend.

Toes should not be compressed together and the front of the foot should not feel like it is being squeezed.

Lace up shoes or boots are the most suitable shoes to be worn with your orthoses.

Elastic-sided boots are less effective as they tend to be soft where the foot needs support.

Sandals can be used if they are stable, have a strong, enclosed heel section and have good ankle and forefoot straps.



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### *Repairs and replacement*

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Foot Orthoses should last a number of years before requiring repair or replacement. The actual time they last depends on several factors, including growth, weight, activity level, shoe types and so on.

In many cases, a simple recovering and clean-up is all that is required. In others the orthoses may need to be repaired or replaced.

As children's feet grow, FOs will require replacement. FO's should last approximately two shoe sizes before the effectiveness of the orthoses is compromised.

When in doubt that the orthoses are fitting properly, contact Orthokids who will assess the fit of the orthoses. There is no fee to assess the fit of orthoses that have been made by Orthokids.

### *Washing your Foot Orthoses*

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## Children's Bracing and Orthotic Specialists

FOs can be hand-washed using lukewarm water and a mild soap. Do not use a washing machine or hot water as these may damage or distort the orthoses. Allow the orthoses to dry out completely before resuming wear

If you have any queries or problems, please ring Orthokids on 9836 4480.

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