



Foot Orthosis (FO) Patient Education

Purpose: A foot orthosis(es) is used to support the foot, help apply pressure to appropriate areas and encourage appropriate gait. A foot orthosis(es) may be prescribed to accommodate a misshapen or deformed foot and help to relieve areas of pressure. Foot orthoses are generally fabricated from firm plastics or semi-rigid material such as crepe, laminates and or composites and various density foams.

Activities:

Please ask your Physician regarding any limitations with physical activities.

Care and Maintenance:

Break In- Begin wearing the Foot Orthosis for about 1 hour at a time then take it off for 30 minutes.

Slowly increase your wear time daily by 30-60 minutes until you tolerate wearing the orthosis full time or 8 hours per day.

Shoes and Socks- Wear the orthosis in a lace up type shoe which has enough room to fit the orthosis and your foot. A wide type shoe is preferable.

Putting the Orthosis On- Identify the left and right orthoses. Insert the orthosis into the shoe, then step into the shoe and close the shoe in the normal fashion.

Areas of Concern, Risks, and Precautions:

- Each time you remove the orthosis, check your feet for red pressure areas or abrasions.
- If reddened areas do not dissipate in 20 minutes, please be watchful. Call our office if the condition worsens.
- If the skin develops callusing or a break in the skin occurs, discontinue use and call our office.
- Avoid lotions, keep the skin dry, avoid irritations and check your skin daily.
- Should the orthosis make a "squeaking" noise in your shoe, we suggest sprinkling some talc or baby powder into the shoes and insert the orthoses into the shoes.

Cleaning the Orthosis: Use a wash towel with mild soap and water to clean. Rinse and towel dry the surface before applying the brace.

Follow Up:

If you experience discomfort caused from abrasions, excessive pressure or the Physician requests adjustments, Please call our office. At a minimum, you should return at 6 month intervals to ensure proper fit.

Please call our office with any questions or concerns:

707.425.5028 - North Bay

707.724.8985 - Vacaville