

Wearing and Looking After Your Orthoses

Patient Information | MM Podiatry & Orthotics

Getting Used to Your Orthoses (First 2 Weeks)

Your feet and legs may need time to adjust. A simple guide is:

- **Day 1–3:** Wear for 30–60 minutes at a time, once or twice a day
- **Day 4–7:** If comfortable, increase towards a few hours per day
- **Week 2:** Aim to wear them for most of the time you are on your feet

Mild aching in muscles that are working differently can be normal at first.

Sharp pain, burning, pins and needles, or significant worsening of your original pain is **not normal** – if this happens, stop using them and contact your clinician.

Choosing Footwear

Your orthoses will work best in shoes that:

- Have a secure heel (no backless or very loose footwear)
- Have enough depth and length to accommodate the device
- Ideally have a removable insole that can be taken out to make space

If you are unsure whether a particular shoe is suitable, bring it to your review appointment.

Everyday Use

Once you are fully used to them:

- Wear your orthoses whenever you are on your feet, unless you have been advised otherwise
 - It is reasonable to have short breaks from them if your feet are tired, but they should be part of your normal routine
 - If you need to move them between shoes, check they sit flat, do not rock, and do not lift your heel excessively in the new shoe
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Cleaning and Care

- Wipe the surface with a damp cloth and mild soap if needed
 - Do not soak the orthoses or put them in a washing machine or dryer
 - Keep them away from direct heat sources such as radiators or car dashboards, as high heat can damage the materials
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When to Contact the Clinic

Please get in touch if:

- Your pain is clearly worse after the first week of wearing them
 - You notice pressure marks, blisters, or areas of broken skin
 - You cannot tolerate them despite following the gradual build-up plan
 - Your shoes no longer fit properly, or the orthoses crack or deform
 - The top cover becomes very worn or damaged
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Need Help?

Most issues can be resolved with simple adjustments. Your clinician is here to support you through the process.

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