

What to Expect Over the First 8 Weeks

Patient Information | MM Podiatry & Orthotics

Your Orthoses Journey: A Timeline

Getting the best results from your bespoke orthoses takes time and sometimes requires adjustments. Here's what to expect during the first two months.

Weeks 0–2: Getting Started

Focus: Getting used to the devices and adjusting footwear

- Follow the gradual break-in schedule provided by your clinician
- Your feet and legs may need time to adapt to the new support
- Make sure your footwear accommodates the orthoses properly
- Note any areas of discomfort or pressure

This is normal: Mild muscle aching as your feet work differently

Contact your clinician if: You experience sharp pain, burning, pins and needles, or significant worsening of symptoms

Weeks 2–4: First Review

Focus: Checking comfort, fit, and early changes in symptoms

- Your clinician will assess how the orthoses are working
- Small adjustments may be made to covers, padding, or shoe set-up
- You'll discuss any changes in your symptoms, both positive and negative
- Activity levels and exercises may be progressed

This appointment helps fine-tune the devices for your daily activities.

Weeks 6–8: Second Review

Focus: Assessing pain and function over time

- Your clinician will evaluate longer-term changes in pain and function
 - If the devices need more or less support, your clinician may arrange a refined design
 - A new pair may be printed with adjustments based on your response
 - The goal is to find the right balance of comfort and support for long-term management
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Refining Is Normal

Refining orthoses is a normal part of the process. Not everyone needs changes, but adjustments are common and help us reach the best outcome for you.

The aim is to reach a combination of comfort and support that helps you move more easily and manage your condition long term.

Your Role in the Process

- Wear your orthoses as directed
- Follow your exercise and activity plan
- Note any specific activities that cause problems
- Attend review appointments
- Communicate openly with your clinician about what is and isn't working

Your feedback is essential to getting the best result.

Questions?

If you have concerns between appointments, don't wait—contact your clinician. Early adjustments often prevent bigger problems later.

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