

Suggested Review and Adjustment Pathway for Your Patients

Clinical Resource | MM Podiatry & Orthotics

Review Schedule

A structured review pathway helps you identify and resolve issues early, improving outcomes and patient satisfaction.

- **Initial fitting:** Confirm fit, comfort in chosen footwear, and key messages on wear and care
 - **First review:** Approximately 2–4 weeks after fitting, once the device has been worn regularly
 - **Second review:** Approximately 6–8 weeks after fitting to assess clinical effect
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2–4 Week Review: Comfort and Tolerance

Key Questions

- Is the patient following the wear-in schedule?
- How comfortable are the orthoses in their main footwear?
- Any new pressure areas, rubbing, or skin problems?
- Any early change (positive or negative) in symptoms?

Adjustment Options at This Stage (Usually Without Reprint)

Topcover Modifications

- Change to a thinner/thicker/softer cover

- Add or remove local padding (e.g., heel pad, metatarsal pad, navicular pad)

External Wedging and Shimming

- Add small rearfoot or forefoot wedges under the device or within the shoe to modify effective posting
- Introduce or adjust heel lifts where indicated

Footwear Optimisation

- Advise on suitable shoe styles and volumes
- Modify lacing or in-shoe components (e.g., removing manufacturer insoles) to improve fit

If comfort issues are not resolved by these measures, or symptoms are clearly worse, consider discussing the case with the lab earlier.

6–8 Week Review: Effectiveness and Function

Key Questions

- Has the primary goal (e.g., pain on first steps, walking distance, work tolerance, return to sport) improved?
- Is the device perceived as "too much support," "too little support," or broadly acceptable?
- Are there persistent, device-related problems despite earlier adjustments?

Decision Process

If symptoms and function have improved as expected:

- Maintain current device
- Reinforce wear and care advice
- Plan follow-up as clinically indicated

If partially improved but with modifiable issues (e.g., minor discomfort, borderline control):

- Further adjust covers, padding, or external wedging
- Consider small design refinements where appropriate

If insufficient improvement or clear mis-match between device and clinical needs:

- Treat this as a candidate for design change and reprint
 - Provide the lab with a concise summary:
 - Baseline assessment
 - Current device design
 - Footwear context
 - What has and has not helped
 - Your perception (e.g., "needs more midfoot support," "less aggressive posting")
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Why This Pathway Works

- **Early intervention:** Catches minor issues before they become major problems
 - **Graduated adjustments:** Simple tweaks first, reprints only when truly needed
 - **Shared decision-making:** Patient feedback informs clinical adjustments
 - **Cost-effective:** Maximizes value from each device through refinement rather than replacement
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Documentation Tips

Keep brief notes on:

- Wear compliance and footwear used
- Specific comfort or functional issues
- Adjustments made and patient response
- Clinical reasoning for any design changes

This helps you track patterns, justify reprints, and build your own clinical decision-making database over time.

Lab Support Available

If you're unsure whether to adjust locally or request a reprint, **we're here to discuss cases with you**. A quick conversation can save time and improve outcomes.

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