

Getting the Most from Your Orthotics & Rehab Programme

How Your Bespoke Orthotics and RehabHub 3D Programme Work Together

You have been prescribed bespoke foot orthotics and a personalised rehabilitation programme. These are not separate treatments — they are two parts of the same approach. This guide explains how they complement each other, what each one does, and how to combine them for the best possible outcome.

1 Two Tools, One Goal

Your Bespoke Orthotics	Your RehabHub 3D Programme
Change the mechanical environment of your foot on every step. They redistribute load, control excessive movement, and support the tissues that are under strain.	Address the muscle strength, movement patterns, and recovery behaviours that your body needs to fully recover and stay well.
Provide immediate mechanical support — like a scaffold while the structure is repaired.	Build the strength and capacity so the scaffold is eventually needed less, or not at all.
Work passively — they do their job while you go about your day.	Work actively — they require your time and consistency to produce results.
Most effective when combined with appropriate footwear and the right rehab plan.	Most effective when the mechanical environment is supported so you can load and exercise without causing flare-ups.

Orthotics and rehab: the full picture

Think of it this way: your orthotics reduce the load on your injured tissue. Your rehab programme builds the strength and resilience so that tissue can handle more load over time. One without the other leaves half the job undone.

2 How to Use Them Together

Phase	Focus	Guidance
Weeks 1–2 (wear-in)	Get comfortable with orthotics. Start gentle rehab.	Follow the wear-in schedule for your orthotics (start with 2 hours per day). Begin the first exercises in your RehabHub 3D programme — these are designed to be gentle and appropriate for this phase. Do not rush into high-load activity.
Weeks 3–4 (adaptation)	Build wear time. Progress rehab exercises.	Increase orthotic wear to 6–8 hours per day. Move to the next stage of exercises in your programme as pain allows. Most people start to notice clear benefits in this phase — both from the orthotics and the exercises.
Weeks 5–8 (consolidation)	Full wear. Progress to loading exercises.	Wear orthotics all day as appropriate. Progress to more loaded exercises in your programme: calf raises, single-leg work, sport-specific tasks. Your 6-week review with your clinician occurs in this phase.
Ongoing	Maintain strength. Reassess needs.	Continue with your maintenance programme alongside orthotics. Many people find they need orthotics less as their strength and movement patterns improve. This is a positive outcome — discuss with your clinician at review.

3 Common Questions

Question	Answer
Should I do my exercises with or without my orthotics?	For most exercises, yes — wear your orthotics. This means you are exercising in the same mechanical environment you walk and move in. However, certain balance and intrinsic foot exercises are specifically designed to be done barefoot. Your RehabHub 3D programme will specify which applies.
My orthotics are helping but I still have pain during exercise. Should I stop?	Some discomfort during rehabilitation is expected and acceptable — this is your body adapting to load. However, sharp pain, pain that gets significantly worse during an exercise, or pain that is still elevated 24 hours later are all signs to reduce load or contact your clinician.
What if I miss days of my rehab programme?	Missing occasional days will not undo your progress. The key is consistency over weeks, not perfection every day. If you miss more than a week, return to the previous stage of your programme rather than picking up where you left off.
Do I need to wear orthotics forever?	Not necessarily. For some people, orthotics are a long-term management tool — particularly for structural foot issues. For others, the combination of orthotics and rehabilitation allows them to reduce reliance on the device over time. Your clinician will discuss this at your reviews.
My symptoms are much better. Can I stop my rehab programme?	Feeling better is a great sign, but it is not the same as full recovery. Strength and tissue tolerance continue to improve for weeks after pain resolves. Complete the full programme before scaling back — this protects against recurrence.

4 Optimising Your Results

Beyond orthotics and exercise, several factors significantly influence how well and how quickly you recover:

- Sleep — tissue repair happens primarily during sleep. Aim for 7–9 hours per night.
- Protein intake — muscles, tendons, and connective tissue all require adequate protein. Most adults benefit from at least 1.2–1.6g per kg of body weight daily during recovery.
- Load management — too much activity too soon is the most common cause of setbacks. Follow the progression in your RehabHub 3D programme rather than going by how you feel alone.
- Footwear — your orthotics can only work as well as the footwear they are in. See your MM Podiatry footwear guide for what to look for.
- Consistency with exercises — 10 minutes every day beats 60 minutes once a week.
- Communicating with your clinician — if something is not working or your symptoms change, contact MM Podiatry rather than guessing.

Your commitment is the key ingredient

Your RehabHub 3D programme and your bespoke orthotics were both designed specifically for you. Use them together, follow the guidance, and contact your clinician if anything is unclear. Consistent effort over 8–12 weeks produces results that last.