



CUSTOM MADE FOOT ORTHOSES

Plympton 287d Anzac Highway, Plympton
(opposite the highway hotel)

P 08 8297 4808 F 08 8297 4800

Unley (Physio Friend) 2/78 Unley Road, Unley
P 08 8297 4808 F 08 8297 4800

O'Halloran Hill Medical Centre
107A Main South Road, O'Halloran Hill
P 08 7127 1566 F 08 7127 1565

E: reception@podiatryservicesa.com.au

WWW.PODIATRYSERVICESA.COM

FOOT ORTHOSES

- Orthoses provided through Podiatry Services SA (PSSA) are custom made for each foot to tailor individual biomechanical needs.
- Orthoses are designed to go into shoes to support, align and or improve the way the foot functions.
- Some of the problems PSSA podiatrists assess and may treat with orthoses could be due to trauma, overuse, heredity factors, and or abnormalities in the foot structure or function.
- Various conditions managed and if required treated with the use orthoses include:
 - Heel or arch pain
 - General foot pain
 - Back, knee or shin pain
 - Plantarfasciitis
 - Growing pains
 - Flat Feet
 - High arched feet
 - Aching or tired legs and or feet
 - Neuroma
 - Clawed or hammer toes
 - Bunions
 - Achilles tendon problems
 - Ankle instabilities (recurrent sprains)



CUSTOM MADE ORTHOSES SERVICE

If orthoses are required, the PSSA Podiatrist will provide you with a Custom Made Orthoses Service.

This service consist of 3 visits, however the first visit may continue on from either an initial or regular visit with PSSA if time permits.

1st Podiatry Consult for the Custom Made Orthoses Service involves:

A Biomechanical assessment

- Thorough assessment of your medical, surgical and activity history.
- Assessing your feet and legs by putting them in different positions when sitting, lying down and or standing.
- Looking at your shoes and discussing other shoes worn for work and activity.

Negative moulds taken of your feet

- Casts are taken of your feet in a specific position to ensure the orthoses will support and improve the way your foot functions.
- The podiatrist will then complete a prescription for a pair of orthoses to be made.



CUSTOM MADE ORTHOSES SERVICE

2nd Podiatry Consult for the Custom Made Orthoses Service involves:

Dispense of custom made orthoses

- Your orthoses will arrive 2-3 weeks after your casting and an appointment will be made for your dispense.
- The podiatrist will fit the orthoses to your feet to review conformity and support.
- The podiatrist will then fit your orthoses into your shoes which may involve cutting the top cover of the orthoses and removing the existing insoles of the shoes.
- For the best fit and function bring the most often worn shoes i.e. shoes worn at work, school and or home and for exercise.
- The podiatrist will observe you walking in your orthoses and make changes to the shoes i.e. changing the lacing if required.
- At times a different style of an orthotic may be recommended for different shoes such as fashion shoes or sandals.
- Please follow the 'Instructions for wearing your orthoses' flier to get used to your orthoses.

3rd Podiatry Consult for the Custom Made Orthoses Service involves:

Review of your custom made orthoses

- The podiatrist will review you 4-6 weeks after receiving your orthoses to ensure there are no problems.





Please book in to see our podiatrists who will explain what type of orthotics you need and the costs associated





PODIATRY PRACTICE INVOLVES

- Assessing
- Diagnosing
- Treating
- Preventing

LET US HELP YOU!



INSTRUCTIONS FOR WEARING YOUR ORTHOSES

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INSTRUCTIONS FOR WEARING YOUR ORTHOSES

It generally takes between 1 - 6 weeks for you to become accustomed to wearing your orthoses.

During this period there may be some discomfort in the form of foot or leg cramps or direct irritation to the skin.

Do not be discouraged, as these are signs that adaptation to the orthoses are occurring.

The following instructions will assist in minimising discomfort:

- Let your body guide you. A rough guide would be to wear the orthoses for about 1 hr on the first day; 2hrs on the second day and so on until by the end of the first week you can wear the orthoses for about 7hrs.
- The orthoses should be worn with socks or stockings to minimise discomfort.
- Do not wear the orthoses for sporting activities until you have been able to wear them comfortably all day, every day for at least a week. This indicates that your muscles are adapting to their new functioning position.
- Discuss the different types of shoes you may wear your orthoses in with the podiatrist.
- Always try on new shoes with your orthoses prior to purchasing them.
- It is acceptable to wear shoes without your orthoses providing you do not spend a lot of time walking in them.
- If the orthoses squeak in the shoes, lightly powder the shoes with talcum powder.

If you have any problems with your orthoses please contact us on 8297 4808