



Formerly
Rehab Systems

427 N. Curtis Road ■ Boise ■ Idaho ■ 83706
P (208) 342-4104 ■ F (208) 342-4106

542 Addison Ave. W. ■ Twin Falls ■ Idaho ■ 83301
P (208) 736-7330 ■ F (208) 736-7332

Wear and Care of Foot Orthotic (Arch Support)

A foot orthotic, or arch support, is a custom molded device made from a variety of materials ranging from rigid to soft foams. It is designed to support the arches of your foot and redistribute your weight to different areas to prevent excessive pressure. It may also correct mild alignment problems.

How to use your foot orthotic (arch support):

- Wear the foot orthotic in a lace-up, or Velcro shoe with a removable insert, that has enough room for both your foot and the foot orthotic to fit comfortably. If you have questions about your shoe, ask your Orthotist.
- Begin wearing your foot orthotic for 2-3 hours at a time, then take it off and rest your foot for an hour. Alternate wearing the foot orthotic and resting your foot for the first few days, allowing your foot to get used to the foot orthotic gradually.
- Slowly increase the wear time of the orthotic throughout the next several days.
- Check your foot for any red pressure areas when you remove your foot orthotic. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients who are diabetic or have poor sensation in their feet. If reddened areas last for more than 20 minutes or you have concerns call your Orthotist.

How to care for your foot orthotic (arch support):

- Wipe your foot orthotic with rubbing alcohol to eliminate odors.
- Wash your feet daily.

Important notes about your foot orthotic (arch support):

A foot orthotic is a specialized device. It is VERY important to keep all follow-up appointments made by your Orthotist. Schedule an appointment with your Orthotist if any unexpected problems occur.

Signature

Date