

A guide to your orthopaedic footwear



Opcare

Enhancing your ability

A brand of the AM Healthcare Group

What is the purpose of orthopaedic footwear?

The purpose of orthopaedic footwear is to enhance biomechanics and alignment, maximise comfort and support your feet. Orthopaedic footwear is supplied when shop-bought shoes are no longer able to support or accommodate foot deformity.

This footwear is often made alongside insoles that fit inside to give extra support, depending on the diagnosis and goal.



How long should you wear the footwear for?

It takes a while to get used to wearing orthopaedic footwear, and it may feel slightly uncomfortable at first. Gradually build up the length of wear time over a few weeks, until you can wear as required:

Day 1: 20-30 minutes

Day 2: 30-60 minutes

Day 3: 1-2 hours

Day 4-7: 2-3 hours

Week 2: 3-4 hours, starting to become comfortable.

It is important that you increase your usage time whilst doing your day-to-day routine, so please make sure you aren't sitting for long periods.

Is it painful to wear orthopaedic footwear?

No, it should not be painful to wear orthopaedic footwear. It is normal to experience some aching at first, however any discomfort should go away as you become accustomed to wearing the shoes.

Do I need to watch out for anything?

You should frequently check your feet for rubs or marks, especially when the footwear is new. Some red marks are normal and should fade within 20 minutes. If the marks do not fade, or if you see any blistering or sores, you should stop wearing the shoes and contact your orthotist.

You should also check the device itself for cracks or general wear and tear.

Do

- Take time to get used to your footwear as per the above instructions
- Wash your feet daily and wear your shoes with clean socks
- Ensure that your shoes are fastened securely
- Have your shoes regularly repaired
- Always check the inside of your shoes before putting them on to ensure nothing has fallen inside

Don't

- Wear your shoes without the insoles they were supplied with
- Force dry the shoes with heat

Caring for your footwear

Like any footwear, the lifespan depends on how often they are worn, the intensity of the activity they are used for, and how well they are cared for.

You can prolong the life of your footwear by keeping them clean and dry.

Clean your footwear regularly with shoe polish for leather and a brush for suede or nubuck.

You are responsible for looking after your footwear and returning them to the service when repairs are required. No replacement footwear orders will be raised until footwear has been visually inspected by an orthotist and deemed that the damage is beyond repair.

Repairs

When your shoes need repairing, please bring them to the orthotic department. Providing you have looked after them as advised, we will repair them for you.

Can I have more than one pair of shoes?

This will depend on a few factors. Please speak to your Orthotist who will be able to advise you.

