



ORTHOTIC ADVICE

Your child has been provided with foot orthoses (insoles) aimed at improving their foot posture and alignment of knee and hip joints.

- They may not be comfortable on the first day. Like shoes, they may take a while to 'break in'. Start with about an hour on the first day (standing or walking time) increasing each day.
- If at anytime, your child complains that the orthoses are acutely uncomfortable, do not increase the time. If they are marking their feet significantly, contact me.
- If the insoles squeak in the shoes, a little talcum powder or candle wax rubbed along the edges of the shell usually cures the problem.
- Ensure that the inside of the shoes are grit / stone free to avoid damage to your orthoses.
- They can be wiped clean with a damp cloth
- Do not expose the orthoses to direct heat as they may become deformed.
- Take the insoles out of shoes at night, especially if they are damp or wet.

IF YOU ARE IN DOUBT TELEPHONE KATE ON 07951 765669