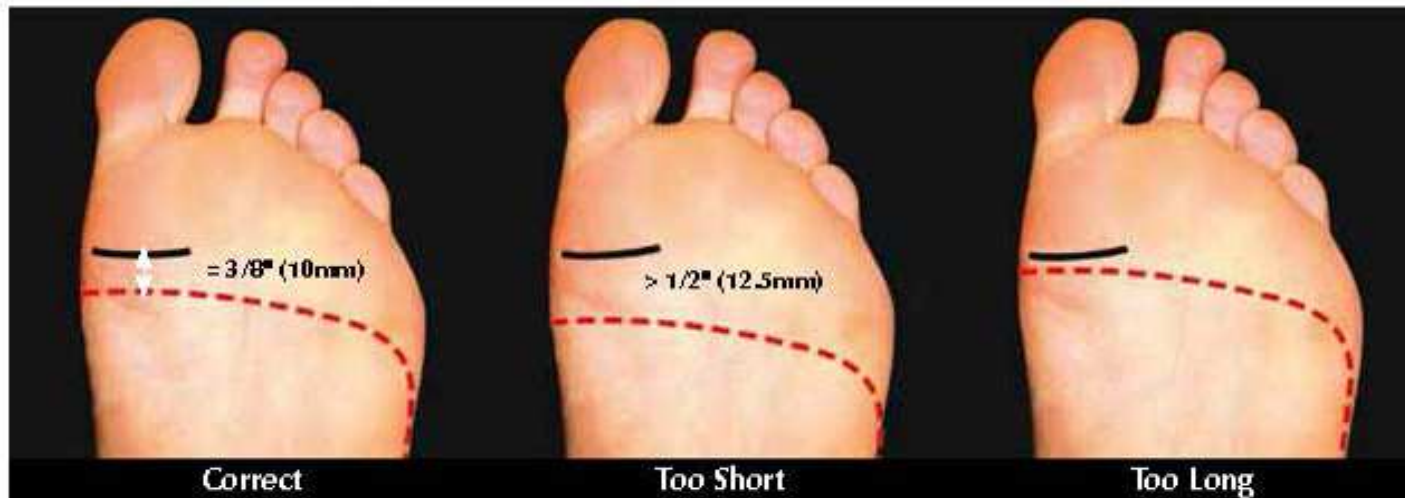


Fitting the orthotic device



- 1) First check the shoes into which you are to fit the orthotic. If the shoe is too badly worn it must be replaced. If the shoe has some form of thick lining or arch cushion it must be removed from the shoe.
- 2) You now pick a size of device that closely fits the contours of the foot. You do this by size comparison to the shoe fit (shoe size is only a guide as the arch lengths can be different in the same size foot). For more accuracy simply place the orthotic on the foot and see how it compares to the natural contours, making sure the distal edge of the orthotic finishes $\frac{3}{8}$ " behind the bisection of the 1st MPJ as per the diagrams shown.
- 3) Fit the device to the extreme back of the shoe and ask the patient to walk around the room for a few steps. If there are no irritations at that time then allow the patient to wear the orthotic home.
- 4) If heat molding is required
- 5) It may take a few days for the patient's feet to become accustomed to the orthotic. If any discomfort occurs, have the patient remove them for one or two hours, then replace them and continue to remove and replace them until comfortable.
- 6) If the patient is still suffering from initial symptoms you may be required to reassess the density of the orthotic and adjust your orthotic prescription. Excessive arch intolerance usually indicates a lack of rear foot control and additional rear foot posting may be required (see page 29).