

Foot Orthoses

What do I need to know about my orthotics?

You may have side effects from your new orthoses. Wearing your foot orthoses too often is the most common complaint patients have. Your break-in time will normally take 1-3 weeks.

You may have aching in the feet or legs. This is due to tired muscles and the change in your foot position. This is normal and expected.

You may need different footwear for your orthoses. Shoes that tie or have Velcro® straps are best. Clogs, “flip flops”, or many dress sandals will not work. The orthoses will fall out of the shoe. Shoes with removable insoles are helpful. The insoles can be taken out and then replaced.

Take the orthoses out of your shoes at night. This helps them breathe. It will help dry any moisture from the insoles and insides of your shoes.

How do I wear and use orthotics?

Follow the wearing schedule given to you by your doctor. The wearing time includes time when you are both walking and sitting. Limit your wearing time if you have pain in your feet or legs, or any skin redness.

Do not worry if it takes more time to adjust than you expect. Increase your wearing time slowly even if you do not have any problems.

If you have any sharp pains, skin breakdown, blisters or rashes, **stop** using them right away and call for an appointment. We will adjust as needed.

Call if you have any problems or questions about your orthoses. Report any changes in your health or physical condition that may affect the fit or function of your orthoses. This would include changes in weight, swelling, muscle strength, or recent surgery.

An appointment is needed to make changes or adjustments to your orthoses.

UW Health Orthotics

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UW Health Orthotics Clinic

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(608) 263-0583 or (877) 894-9940

UW Health University Ave Rehabilitation Clinic

6630 University Ave.
Middleton, WI 53562
(608) 263-8412 or (800) 323-8942

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2022 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7349