

# Foot Orthoses



The Podiatry department cares for patients' foot and lower limb problems in an inpatient and outpatient setting. Through thorough assessments, our team of experienced podiatrists assist patients to resolve foot problems and offer specialised foot care management of high risk wounds, skin and nail conditions, musculoskeletal assessment and gait assessment (including orthotic management). We also see patients for general diabetic care including annual foot screening services.

An orthotic is a specialised shoe insert to relieve you of foot pain as it reduces the pressure in your foot and supports your joints and ligaments when you walk. Wearing an orthotic may sometimes alter your foot, lower limb posture and overall movement. This brochure provides you with information on how to make the most out of your orthotic.

## Wearing orthotics

If you have never worn orthotics or have not worn them in a while, start by wearing them in gradually. This helps your feet get used to them and prevent any worsening pain. Wear them for a couple of hours a day and steadily increase the duration, i.e. one hour on the first day, two hours on the second day and so on.

- In the beginning, avoid high-impact sports when you wear your orthotics. Put off running until you have gotten used to wearing them daily.
- When you are not wearing your orthotics, replace them with your shoes' original inserts. **Never wear orthotics and your shoe inserts at the same time.** It can get too tight and cause you more pain.

## What can I expect?

Orthotics are not quick fix solutions to your condition and you may still feel some pain when you start wearing them. Mild aches are normal but increasing pain is not. If you experience worsening pain, please stop wearing them and consult your podiatrist instead.

## How durable are orthotics?

Custom-made orthotics are denser and last longer than pre-fabricated ones. The following are signs that your orthotics need to be changed:

- It cannot balance steadily on a flat surface.
- Pain returns or new pain develops after you wear them.
- There are holes in the top cover of your orthotics or they appear to be disintegrating. Minor recovery service is available for orthotics that are still intact.
- The shape of your foot has changed after surgery.

## Can I wear orthotics with all shoes?

- The orthotics you have been given can be worn in:
  - Closed shoes to hold them in place
  - Shoes with removable inserts
  - Supportive shoes
- At your next Podiatry review, please bring along all your footwear with you. Your podiatrist will assess their suitability to be worn with your orthotics.

## Caring for your orthotics

- Gently wipe them with alcohol wipes.
- DO NOT hand or machine wash orthotics as this could damage them.
- If your orthotics get wet, dry them outdoors or in an airy space.



You may be taught exercises on top of the orthotics given to you.

These exercises are designed to complement your orthotics and it is important for you to do them to help you to heal.

If you are also seeing a physiotherapist, please inform him/her that you are wearing orthotics.

By following the guidelines in this brochure, you can be sure to receive the full benefits of your orthotics. Please do not hesitate to contact us if you need further advice or wish to reschedule an appointment.



Please remember to bring your orthotics with you to every follow-up appointment.

**Your next review is on:** \_\_\_\_\_

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

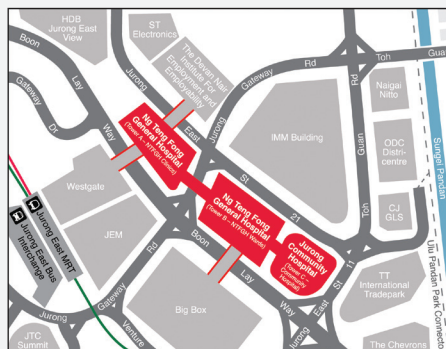
1 Jurong East St 21,  
Singapore 609606  
General enquiries: 6716 2000 Fax: 6716 5500  
[www.juronghealth.com.sg](http://www.juronghealth.com.sg)

### Clinical and appointment line hours (closed on Sundays and public holidays)

For appointments, please call 6716 2222  
Monday - Friday 8.00am - 5.30pm,  
Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233  
Monday - Thursday 8.00am - 5.30pm,  
Friday 8.00am - 5.00pm

### Getting there



#### By train

Jurong East MRT Station

#### By bus

##### From Jurong East Bus Interchange

SBS 51, 52, 66, 78, 79, 97, 97e, 98,  
98M, 105, 143, 143M, 160, 183, 197,  
333, 334, 335, 506

##### Along Boon Lay Way

SBS 99, Private bus service 625

### Jurong Medical Centre

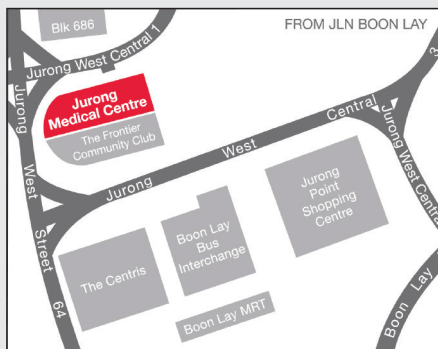
60 Jurong West Central 3,  
Singapore 648346  
General enquiries: 6716 2000 Fax: 6551 7999  
[www.jmc.com.sg](http://www.jmc.com.sg)

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### Getting there



#### By train

Boon Lay MRT Station

#### By bus

SBS 30, 79, 154, 157, 174, 179, 181,  
182, 192, 193, 194, 198, 199, 240, 241,  
242, 243 W/G, 246, 249, 251, 252, 254,  
255, 257, 405  
SMRT 172, 178, 180, 187

#### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.