

# Ortho Dynamics

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DATE:

PATIENT NAME:

DEVICE: Custom Foot Orthoses

## WEARING INSTRUCTIONS:

It is IMPORTANT to slowly wean into the orthoses. Start wearing them gradually by increasing wearing time by 30 minutes every time they are reapplied.

Once the orthoses are tolerated for a long enough period of time, they can be worn all day without any concerns.

There should be no pain resulting from the orthoses, and any discomfort should have dispersed by two weeks of gradual weaning into them at which time the patient should be completely used to the orthoses. If at this time, there is still discomfort or an adjustment is necessary please call for an appointment.

The orthoses should be worn every day for maximum effect. If they are not worn every day, it will be more difficult to adjust to the position of correction. As well, if there is any long period of time during which they are not worn, due to illness or holidays, start weaning back into the orthoses again to insure tolerance is built back up.

If there is redness which remains or redness over a bony area, first make sure that the foot orthoses were applied correctly with the shoes on snugly, as otherwise, the foot may shift in the orthoses.

If the redness remains and was not due to incorrect application, an adjustment may be necessary. Please call to make an appointment and provide details of the problem you are experiencing.

There is a **90 day warranty period** on the custom orthoses for satisfactory fit and workmanship. If any adjustments or repairs are required during this period of time under the above mentioned conditions, these will be covered under the warranty period.

**The plaster casts will be kept for 6 weeks after the fitting appointment and then will be destroyed.** Therefore, if you have any concerns or require a second pair to be made, please advise before that time period.

Please phone and book a **check up appointment in 4-6 months time.**

If you have any questions or concerns please make sure to call and I will be glad to be of help.

Thank you,  
Serap Kaga, B.Sc., C.O. (c) Certified Orthotist  
Jarrod Tucker, C.O. (c) Certified Orthotist  
Shannon McCann, Resident Orthotist

