



FOOT CARE SPECIALISTS, P.C.

DR. MARK T. HASTINGS, D.P.M.

PODIATRIC PHYSICIAN & SURGEON

4035 S.W. MERCANTILE DRIVE, SUITE 203

LAKE OSWEGO, OR 97035

TELEPHONE (503) 699-8220

FAX: (503) 699-7949

WHAT ARE ORTHOTICS?

An orthotic is a device which helps control the way that your feet function during the gait cycle of walking and running. Our orthotics have been custom made to fit your foot type. When worn as much as possible, the orthotics can help relieve pain and prevent or slow down the progression of foot problems. They should provide support and comfort and will work best in athletic shoes and low dress shoes. It may take from 1-6 weeks to get used to the new orthotics.

ORTHOTIC INSTRUCTIONS

1. The orthotic devices which have been dispensed to you are a custom inlay for your feet. They are designed to place your feet in their "best" position and either relieve pressure on painful areas of your feet or reduce related knee or leg pain.

2. Get used to the orthotic devices gradually for the first few weeks.

Note: If you experience discomfort in your feet, lower legs, upper legs, or back, remove the orthotics for at least an hour or more. Be assured that these are most likely temporary problems. However, if these problems persist contact our office.

3. Some shoes (especially athletic shoes) have removable insoles. It is usually best to remove these insoles before placing the orthotic devices into the shoes.

4. It is normal to feel as if you are walking on the outside part of your feet when wearing your new orthotics. Also you may feel lumps or ridges. These sensations usually resolve after several weeks. If they persist, adjustments may be required.

5. If you should have any significant problems with your new orthotic devices which are not covered in this information, discontinue use of the devices and contact the doctor who prescribed them for you at (503) 699-8220.

7. It will help to get used to walking with the orthotics for at least a week prior to beginning athletic activity (eg. running/jogging) with them.

FOLLOW UP: Please make a followup appointment one month from the date of orthotic dispensal.