

Mokena Foot and Ankle Clinic

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CUSTOM ORTHOTICS

Your custom arch supports, or ‘orthotics,’ were made specifically for your feet. They are based on either the pressure scans or the plaster casts taken of your feet. Their purpose is to ensure that the abnormal biomechanical pressures on your feet are adjusted to conform to the proper alignment of your feet, thereby reducing or eliminating pain from abnormal foot function. During the next several weeks, your body will become adjusted to this new alignment. The time frame will vary from person to person, dependent upon your height, weight and the severity of deformity or abnormality in your feet. The usual time frame is 6 weeks. During the ‘break in’ process, you may experience periodic pain and discomfort that should improve and resolve with time as the foot maintains adequate alignment and allows for more proper function. This transition pain usually occurs as a result of adaptation of the foot to the abnormal position. When you receive your devices, please review the proper protocol for use:

1. Begin the break-in process by wearing your custom devices for 1-2 hours for the first few days, then 2-3 hours for the next few days, and so on, until you are wearing them all day.
2. If you notice increased pain as your time frame of use increases, reduce the number of hours worn to previous time frame for a few more days, then increase as normal. Please watch for skin irritation as you wear your new devices and make sure to wear socks to minimize this.
3. If the devices feel too tight in your current shoe gear, remove the insole that is provided by the shoe (sometimes it is glued down) to see if this improves the fit of the device
4. If squeaking occurs wearing the device, use some type of powder (i.e. Gold Bonds) in the shoes to resolve this.
5. If the devices need to be cleaned, use warm water with soap. Do not use hot water or soak the devices as this could potentially disrupt the glue on the device holding the layers of the orthotic in place.
6. If any layer of the devices wears out or the plastic shell cracks, please contact us for repairs. If you attempt repairs yourself, the foot position may be altered and this may cause more pain.
7. Please contact our office if you have any questions or concerns about your orthotic devices. The devices may feel awkward at first, but give it time and you will adjust to them. If you feel the edge of the devices digging into your foot, or you experience pain, please let us know.
8. Wear your orthotics! If your pain goes away, great! If you stop wearing the devices, your pain most likely will come back! Just like eye glasses, your orthotics will not work unless you are wearing them.
9. If you are an adult, your devices should last your lifetime as long as you continue to wear them. If you do not wear them regularly, further deformity may occur to the feet, causing the devices to have improper fit. If you have a child wearing the devices, the devices may become outgrown dependent on the patient’s age and projected growth. Please do not have your child continue wearing devices they feel do not fit them any longer as this may cause more pain. Please follow up with us for re-evaluation. Our orthotic company does offer programs for children who outgrow their devices within 6 months of receipt of them. Just ask!