

### Foot Care & Limb Design Centre (FLC)

Blk 101 Jalan Tan Tock Seng, 308433

(Between National Skin Centre and  
Tan Tock Seng Hospital)

#### Contact:

6357 7000 (Centralised Appointments)

6357 8000 (Non-Subsidised Appointments)



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<https://bit.ly/2xbuJnJ>

## Department of PODIATRY

# Foot Orthoses



## What are Foot Orthoses?

Foot orthoses are specially designed shoe insoles that help support the feet and improve foot posture. They are designed to correct abnormal foot posture by repositioning bones and soft tissue structures.



## What to Expect From Your new Foot Orthoses?

- Foot orthoses provide support during weight-bearing activities such as walking, hiking and climbing stairs, which your feet require time to adjust to, during initial usage.
- It is normal to experience some discomfort at the beginning when wearing the foot orthoses.

## How do I Wear the Foot Orthoses During the Initial one to two Weeks?

- Gradually increase the duration of usage by a maximum of one hour each day until you are wearing the orthoses continuously for a whole day.

## What Precautions do I Need to Take During Physical Activities?

- Do not use your foot orthoses for physical activities such as running until you are comfortable with using them to walk for a whole day.
- Do ensure that you wear your foot orthoses as often as possible to maximise the therapeutic results.
- Stop usage of the foot orthoses should you experience worsened pain. Contact the clinic for an earlier appointment.

## Care instructions

As you will be using your foot orthoses daily, general wear and tear is expected.

DO <input checked="" type="checkbox"/>	DON'T <input type="checkbox"/>
Wipe the foot orthoses clean with a damp cloth or sponge	Submerge your foot orthoses in water or detergent
Air dry the foot orthoses	Expose the foot orthoses to direct sunlight or excessive heat