

FACT SHEET

Using Your Orthoses



Getting started

When you first begin wearing your orthoses, it's important to gradually increase how long you wear them each day. This helps your feet and body adjust comfortably.

Each day	Wearing-in time
Day 1	1 hour
Day 2	2 hours
Day 3	3 hours
From day 4 on	Continue increasing the wearing time by one hour each day

Your orthotist may provide additional guidance depending on the type of orthoses you have been prescribed.



Important: You can wear your orthoses for less time each day during the wearing-in time, but generally not more.

If your orthoses become uncomfortable before reaching the recommended time for the day:

- Remove them and rest your feet.
- The next day, reduce the wearing time slightly and increase it again gradually.

If your orthotics are uncomfortable for several days in a row, please contact your Peke Waihanga service centre.

Getting active

Before using your orthoses for sport or exercise, you should first be able to **comfortably wear them all day during normal daily activities**.

Once you reach that point, follow this gradual return to sporting activity:

Each day	Activity
First 7 days	No sporting activity. Follow the 'wearing-in time' schedule
Days 8-10	Use orthoses during sports for up to 20 minutes
Days 11-14	Use orthoses during sports for up to 45 minutes
After 2 weeks	Return to normal sporting activity if recommended by your orthotist

Important

If you experience **pain in your feet, legs or back** after wearing your orthoses:

1. Reduce the amount of time you wear them.
2. Gradually build up again.
3. Contact your orthotist if symptoms continue.



Caring for your orthoses

Looking after your orthoses will help them last longer and remain comfortable.

Cleaning

- Synthetic covers can be cleaned using a soft brush with warm, soapy water.
- Leather covers should be cleaned using a suitable leather-cleaning product.

Heat

- Avoid exposing your orthoses to excessive heat (such as heaters or hot cars), as this can distort their shape.

Maintenance

- There may be some wear over time and materials may need replacing.
- After around 12 months of use, contact your orthotic technician if you think your orthoses require maintenance.

Odour

Regularly airing your shoes and orthoses will help reduce foot odour. Your orthotist can also recommend products that may improve comfort and hygiene.



For more helpful resources, please visit our website: www.pw.co.nz/resources.

Contacts

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July 2026, v1.1

Learn more about Peke Waihanga

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Peke Waihanga