

FACT SHEET

Using Your Orthotics



Getting started

When you first begin wearing your orthotics, 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 orthotics you have been prescribed.



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

If your orthotics 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 orthotics 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 everyday wearing-in schedule
Days 8-10	Use orthotics during sports for up to 20 minutes
Days 11-14	Use orthotics 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 orthotics:

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



Caring for your orthotics

Looking after your orthotics 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 orthotics 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 maintenance is required.



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

Odour

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

Contacts

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Find Peke Waihanga online

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Peke Waihanga
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