

Insoles

You may need insoles in your shoes for a number of reasons. An insole, or orthosis, can help to support the arch of your foot. If you have arthritis in the joint across the middle of your foot (the midtarsal joint), a rigid insole may help. If you have one foot bigger than the other, an insole can help to pad out the shoe of your smaller foot.

Insoles will often take up half a shoe size, so take along your largest shoes when you go for an insole fitting. Sometimes you may need to purchase a larger shoe to accommodate an insole, although this is not always the case. Take your insoles along when you buy new shoes.

If you need to wear a prescribed insole, don't try to wear the new insole all day when you first receive it. Wear it for a short period at first and gradually build up to longer periods. Don't use them for heavy duty activity or exercise.

If you change your shoes indoors, either have a second pair of insoles for your indoor shoes or remember to swap the insoles over. Your feet will return to their old shape while indoors and will never be comfortable if you don't continue to wear your insoles.

Have you been prescribed In-Shoe Orthotics?

Wearing Advice for your new In-Shoe Orthotics

Although orthotics are made to improve your foot symptoms, sometimes the full therapeutic effect takes a while to happen.

The in-shoe orthotic has been provided to help with your presenting condition, it will help put your foot in the best position however, you will need to work with the orthotic to help position your foot as well as possible. The assessing clinician would have discussed this with you before providing it.

When you first get this we usually advise building up the wear time over one to three weeks. In general, progressively increasing the length of time you wear the orthotic is advisable e.g. an hour today, two tomorrow and 3 the next etc.. Occasionally they are comfortable from the outset.

The orthotic will alter the relationship between some of the joints in your foot and to a lesser extent in the rest of your body. This is not normally a problem however occasionally adjustment aches and pains can occur. Providing these are temporary and not building up and getting worse they should pass. If not, stop wearing the orthotic and consult your clinician.

AirCast Boot

Introduction

If you have been diagnosed with a foot or ankle injury or have had recent foot or ankle surgery, you may be prescribed an AirCast boot.

What is an AirCast Boot?

An AirCast boot is a brand-name pneumatic walking brace used after surgery or injury to the lower leg or foot. The air cells in the brace are adjusted by the patient for a custom fit within a strong plastic shell. The

support and stability offered by an Aircast boot allows patients to gradually increase weight-bearing activity on their injured leg as it heals. The boot provides support and stability, as well as a custom fit throughout the healing process.

Fitting the boot

1. Your health care professional will fit the boot to your foot / ankle depending on your shoe size.
2. The foot is placed in the boot and the adjusted straps and Velcro straps are fitted for comfort.
3. If air is required in the boot, air can be inflated into the boot using a pump that comes with the boot or is inflated using a built-in pump on the front of the boot.
4. Air is pumped in until comfortable for the patient and the boot is not too tight as per the individual patients preference – if too much air is inflated, the deflate pump may be used to ensure comfort wearing the boot.
5. The boot must have the air deflated out before removal.

General recommendations

Walking

This will depend on the weight-bearing status as directed by your health care professional. If you are non-weight-bearing, you will be placing no weight at all down through the affected leg and you will be hopping with the aid of crutches.

If you are partial weight-bearing you will be allowed to put some weight down through the affected leg and if you are full weight bearing you will be able to take as much weight as you can tolerate using the boot. If this is the case then it is important to consider the shoe that you are wearing on the unaffected leg as the boot has a raised sole.

Sleeping

Your health care professional will give you specific instructions as to whether you need to wear your boot when sleeping or if you have to leave it off at night.

Use and care of your boot

Your health care professional will decide the duration of time and specifications for wearing the brace. You may be permitted to remove the boot to wash and bathe and the fabric covering inside the boots can be removed and machine washed. Wearing a cotton sock will prevent excess sweating and odor. In the boot with prolonged wear and also this will be less irritating to the leg / foot.

If any of the plastic sides or straps is uncomfortable or digging in with discomfort not relieved by loosening, consult your health care professional.

Do not place anything aside from light clothing under your brace as it may cause a pressure area.

Driving

It is not safe to drive a car whilst wearing an Aircast boot.

Travel

You may travel as you wish with the boot once your condition allows and you have your specialist's permission.

Activities

Although the aircast boot will support you, the level of activity you can do will be dictated by your condition. Your specialist will be able to lead you with this.

Deep Vein Thrombosis or Pulmonary Embolism

This is a condition that may occur post-surgery or trauma, although it has no direct bearing on the use of an air boot. A pulmonary embolism is a blood clot travelling to the lung and causes pain on inspiration, shortness of breath and general feeling of being unwell.

Due to wearing a boot for prolonged periods of time, the foot will not move as often as it had before and a risk involved with wearing the boot is a deep vein thrombosis or DVT. This is a blood clot that forms in the calf of the leg and will present with severe calf pain, redness, heat and swelling in the calf. Please seek advice immediately if you feel any of these symptoms.