

Benefits of Regular Orthotic Use

Goals of Orthotic Use: (*International Society of Prosthetics and Orthotics*)

- Provide a more functional foot position (improved ankle/foot alignment).
- Improved base of support for optimal muscle position for muscle strengthening
- Improve/maintain ankle/foot flexibility (range of motion)
- Improve ankle/foot stability (for standing/walking)
- Help to prevent deformity of feet/ankle that can occur with age
- Provide support/protection to muscles/ligaments in a growing body
- Improve safety and endurance with walking.

Regular wearing schedule:

- Wearing orthotics daily becomes a part of a child's routine (like putting on shoes before going outdoors).
- Regular wearing helps maintain a child's ankle/foot range of motion and helps them maintain their sensory tolerance to the orthotic.
- Wearing the orthotic for a similar time period as when they were attending school maintains their school routine.
- With regular orthotic use, the parent will be aware when their child starts to outgrow the orthotic so that the parent can contact the orthotist for any need of orthotic adjustment.
- Wearing the orthotics may help to prevent falls during active play (less tripping) and maintains a child's optimal foot/ankle alignment as the child fatigues during active play.
- Breaks from orthotic use during sedentary times in the day/evening are beneficial for the child's feet to air (feet can get hot, sweaty).

At school, your child typically wore his/her orthotics:

For the full school day unless discomfort was apparent.

Benefits of Regular Orthotic Use

**It is recommended that your child continue this schedule at home during this extended school closure. Please contact your Therapist or Orthotist with questions.*