

Fitting your orthotics



CRYSTAL PALACE
PHYSIO GROUP

Making People Better

It is important to fit and wear your Orthotics correctly so they can do their job effectively. Please see below for some basic fitting instructions and also see our handout on 'Guidelines for wearing Insoles or Orthotics'.

Custom Orthotics:



Pre-Fabricated Orthotics (Full length):

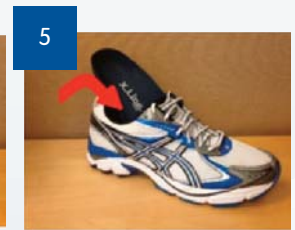
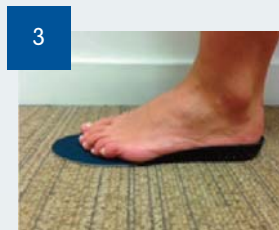
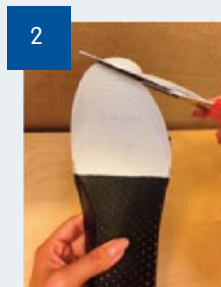
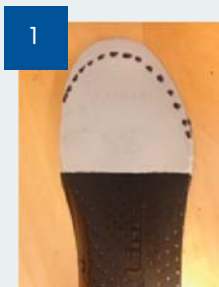


Pre-Fabricated Orthotics (Half Length):



If you have been given Full length Pre-Fabricated Orthotics you may need to:

- Trim the length of the orthotic to fit the smallest pair of footwear you own. The easiest way to trim the orthotics is to use the original insole from your footwear as a template using ordinary scissors. Alternatively you could mark the edge of the orthotics (1.) and trim with scissors to fit the shape of your footwear. (2.)
- If you have full length orthotics they should cover the bottom surface of your foot. (3.)
- Remove the existing insole out of your footwear. If you cannot remove the existing insole, place the orthotics you have been given in your footwear on top of the existing one. (4)
- Place the Orthotics in to your footwear ensuring no creases are visible or felt on the top surface of the orthotics. (5)



Contact us now

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