

ORTHOTICS INFORMATION

Initial Consultation

- Your physiotherapist will take specific measurements of your foot, including the relationship between your heel bone, the arch of your foot and toes. This will also involve taking an impression mould of your foot which is sent with our referral to Langer Group.
- Once the referral is received it takes 10 days to be processed and your orthotics delivered to the clinic.

Fitting the Orthotics

- Your physiotherapist will spend time with you explaining how to fit these into your shoe/trainer.
- Orthotics not only changes the position of your foot and ankle but also will affect joints and muscles further up your body. It is not a good idea to start wearing this full-time straight away *unless* you have had orthotics before.
- For first time users we advise that you start by wearing them for 30-60 minutes for the first time. This should be slowly increased up to 2-3 hours, half a day, all day at work until you are wearing them consistently in 2 weeks.

The future with your new orthotics

- Elite Physical Medicine knows that it can take time to get used to the orthotics and feel the benefit of that extra support. You may be concerned what happens if the first orthotics you receive need adjusting to incorporate additional features; Elite Physical Medicine will organise the first adjustment needed for free within the first 6 months of receiving your orthotics. Any further adjustments can be made to your prescription but will incur a charge.
- There is the option to insure your orthotics with **Protect**; this will allow up to 3 free adjustments within the two year cover.
 - The agreement entitles you to one replacement single or pair of orthotic device(s) in the case of devices being lost, stolen or incurring irreparable damage (surcharge applies).
 - Growth spurts are also covered, so if you outgrow your orthotics this cover allows for one replacement pair for clients before their 18th birthday. Protect agreement also covers two total refurbishments of your orthotic devices, where they strip the orthotic down and rebuild it. For further information on this insurance please contact Elite Physical Medicine.