

Hello, and thanks for choosing Orthotiks.

I have seen many patients throughout my career and designed thousands of custom foot orthoses. Over the years, I came to realise that I was prescribing similar orthotic characteristics for many of my patients. This led to the development of our unique Orthotik brand of foot orthoses.

Custom foot orthotics are often expensive and take time to manufacture while standard off-the-shelf orthoses don't offer the structural strength needed to address pain caused by postural foot problems. Many patients present to clinics having already endured months of pain, only to be then told they need to wait weeks for custom orthoses.

I met the team at Orthotics Made Easy (A 3D specialist team) and together we designed the Orthotiks product which I believe now fills this gap in care. Through many iterations and trials with 3D printed versions, Orthotiks were designed to be as good as custom orthoses for most conditions*. Now you have the opportunity of being offered immediate and cost-effective orthotic devices.

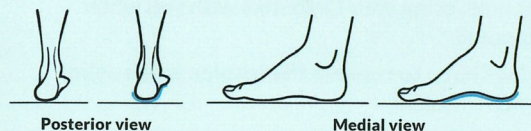
I hope Orthotiks bring you the relief and daily comfort you have been seeking. Many thanks again.

Doctor Burke Hugo
Podiatric Surgeon
Podiatrist

*Prefabricated orthoses such as these are not suitable for all patients and all conditions. See your health care professional for advice on which orthotic design is best for you.

Ensure the most benefit and satisfaction from your Orthotiks

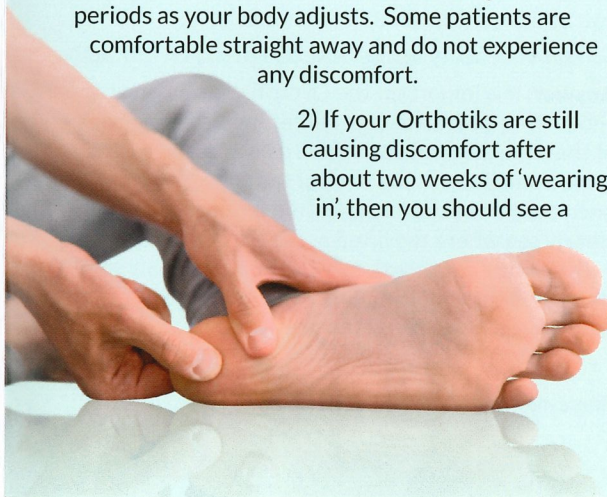
Your Orthotiks were made to conform to the contours of your feet and to improve the alignment of the feet, legs and posture, thus relieving symptoms of abnormal foot function.



During the first few weeks of wear your body should gradually become accustomed to the new alignment provided by Orthotiks. The exact period of adjustment is difficult to determine since each person is different. It may take a few weeks before you adjust to the new postural position. During this period, you may experience mild discomfort in other parts of the body, such as the knees, hips, or back. This discomfort is often temporary and should ease as the Orthotiks help the foot realign and function more efficiently.

Wearing Instructions:

- 1) Wear your Orthotiks until you notice discomfort, then remove them for the balance of the day, starting with them again the next day. Over time you should be able to wear them for longer periods as your body adjusts. Some patients are comfortable straight away and do not experience any discomfort.
- 2) If your Orthotiks are still causing discomfort after about two weeks of 'wearing in', then you should see a



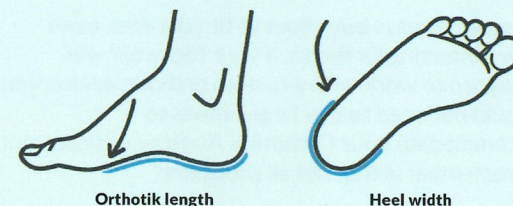
podiatrist or health care professional for advice. Some issues may be obvious and require immediate attention such as blistering and worsening pain. There are many factors that could be at play, including the type of shoe you are using, and the insole they come with.

- 3) Be sure to wear stockings or socks to minimize the possibility of skin irritation.
- 4) Remember that shoe construction will affect your Orthotiks; they function most effectively in closed shoes rather than step-ins. When purchasing new shoes, bring your Orthotiks to ensure proper fit.
- 5) Occasionally the Orthotiks may squeak in your shoes. This can be eliminated by lightly dusting baby powder into the shoes.
- 6) Care and cleaning: wipe off with lukewarm water (never hot). Avoid soaking. Allow to dry before re-using.

Fitting Instructions:

- 1) Confirm the orthotic shell ends just behind the ball of the foot.
- 2) Confirm the heel width is comfortable and close fitting.
- 3) If you are fitting the Orthotik into a shoe with an insole it is important that the Orthotik sits flat and on top of the insole. This means you may need to trim the sides and back of the insole as they rise up in the shoe.

It is preferable to keep the insole the shoe came with, since this offers forefoot cushioning. You may notice that Orthotik's are only $\frac{3}{4}$ length. This is to improve the fitting process and make them shoe friendly as possible.



Frequently asked questions about Orthotiks

1. Can I put my Orthotiks in any shoe?

Answer: The short answer is no, but Orthotiks have been designed to be adjustable for a good fit in multiple shoe types. The best way to ensure a good fit in all of the shoes you would like to wear your Orthotiks with is to bring them to your initial fitting appointment. If you purchased your Orthotiks online or through a retail store you can take them to Your Podiatrist who can adjust your Orthotiks to fit into each of the shoes interchangeably, provided that they are shoes that are compatible with the device*.

If you purchase shoes after you already have your custom Orthotiks and are unsatisfied with the fit, you can see your Podiatrist for advice*. In most cases, any orthotic adjustments can be made quickly and easily in-clinic.

2. What if my new shoes are very different from the ones my Orthotiks were fitted to?

Answer: In some cases, a new pair of shoes may be very different from the ones your Podiatrist originally fitted your Orthotiks to. In these cases, if you start to feel discomfort your Podiatrist may be able to modify the shoe insole or your orthotic devices for a better fit*.

3. How do I know if my Orthotiks fit correctly in my shoes?

Answer: Orthotiks should slide in smoothly and tightly against the back of your shoes. The firm part of your orthotic should sit flatly within your shoe without tipping or rocking or being pushed up by the insole. The orthotic should sit on top of the insole, and your foot directly on top of the orthotic.

4. Do I need to buy bigger shoes to use my Orthotiks?

Answer: Always buy shoes to fit your feet, even when inserting Orthotiks. If your footwear was designed to work with a custom orthotic device, you should not need to buy larger shoes to accommodate your Orthotiks. Another critical point to remember is that not all shoes are

manufactured in the same way, which often means there are differences in sizing between brands and manufacturers.

We always recommend that you consider your typical shoe size as the "starting point" when shopping for shoes. For example, a size 8 in one brand might fit like an 8.5 in another or vice versa. Always shop based on the fit and feel of the footwear, not the number on the box. When possible, bring your Orthotiks with you when shopping.

5. Do I have to remove the insoles when using my Orthotiks?

Answer: In most cases, we recommend that you keep the insole, or footbed, in your shoes and place your Orthotiks directly over the top. There are some cases where the insole can interfere with the function of the orthotic, and will need to be modified or removed. This will be obvious to you once you are familiar with how they should feel

Generally speaking, your Podiatrist or health care professional will advise you on how and when to wear your Orthotiks throughout your treatment. The treatment approach may change as you heal from an injury or as your condition changes over time. Check-in with your Podiatrist or health care professional yearly to ensure that your treatment goals are being met and that your orthotics are still performing as they should. This is not to say you need to replace your Orthotiks yearly but rather have them re-evaluated to ensure they're helping you achieve the best outcome possible.

6. If leaving in my insole how do I fit my Orthotiks?

Answer: It is important the Orthotik sits flat in your shoe. The insole often has a lift at the sides and back of the shoe that can push the Orthotik forward and leave a small gap at the back of the shoe. You will need to remove the insole flatten it out and you will clearly see where the lifted areas are and simply with scissors cut them back. The purpose being so that the Orthotik fits flat into the shoe and your foot sits correctly over the orthotic.

**there may be a fee payable for this service.*

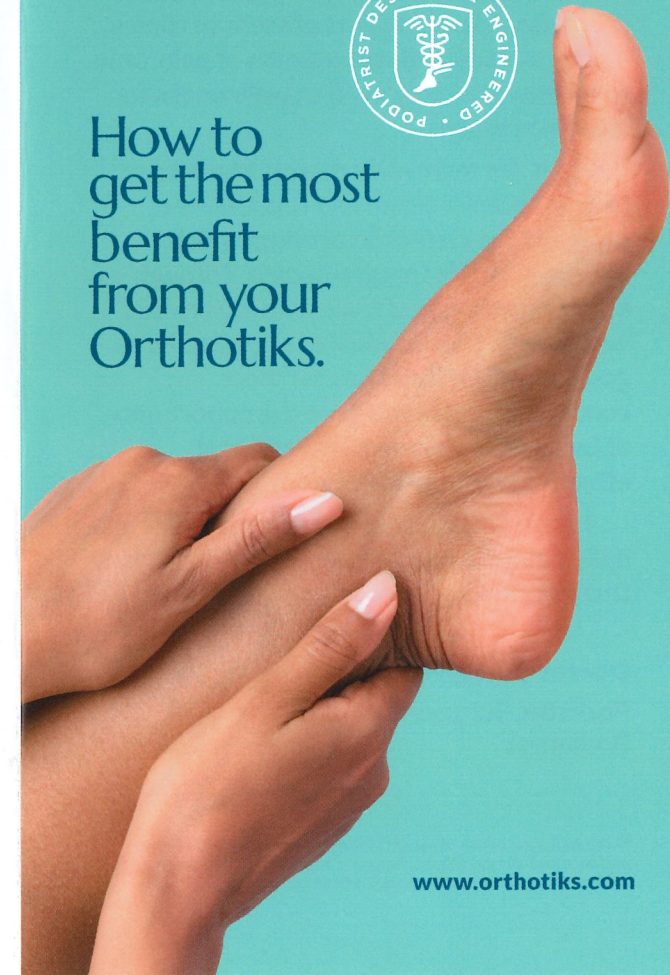


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