



1700 Route 23 North • Suite 180 • Wayne, NJ 07470 • Phone: 973-696-8100

When to Call Your Orthotist

Your orthotic device should be both functional and comfortable. It has been custom fitted to the patient's size, shape and needs. Remember, however, our bodies change over time and adjustments may be necessary. **Do not try to make adjustments on your own.** Our staff is trained to do this without compromising the integrity of the orthotic device.

Call our office:

- If the wearer is having **difficulty tolerating** their brace or shoe orthotic, your orthotist can provide tips or make necessary adjustments or changes.
- If you notice **skin changes** (red spots, blisters or other signs of skin irritation) (If the brace is on your child, do not wait until they are crying from discomfort, check frequently)
- If your orthosis **feels loose**, keeps riding up or moving, or is painful
- If you have a sudden **change in lifestyle or activity**, such as a change in weight of 10 pounds, your orthotist will evaluate whether or not you should schedule a follow-up visit
- If you believe your orthotic device is showing **signs of wear**, or is fitting or performing differently than it was previously
- If you believe your orthosis needs to be **replaced or repaired** - your orthotist can help evaluate your orthosis, and determine the best solution
- If you have foot orthoses and you are experiencing **pain in your ankle or knees** that you did not have before
- If you feel your **condition worsens**

Let's work together to make sure you have the best orthosis possible for you.