



EVERY FOOT, ANY ACTIVITY

Firefly's range of custom made foot orthoses support a variety of use-cases, including:



Everyday, multi-purpose orthoses. The foundation of our range, adaptable and reliable.



Slimmer, lighter orthoses to fit your dress and sports shoes.



More cushioning, for comfort, sensitive and painful feet – including diabetic and arthritic.



Shock attenuation for high load and high volume. For running, hiking, weightlifting and endurance.



More stability and responsiveness, for hyper-mobility or high-performance activities.

We also offer pathology-specific devices, and specialised foot and ankle braces. Talk with your clinician, and we'll find the orthoses you need.

Custom Made Foot Orthoses

This is a custom made medical device created from an anatomical foot impression or scan provided to Firefly by a qualified practitioner.

Custom made foot orthoses are tailored to an individual's foot anatomy and prescription. They provide effective treatment of painful conditions of the foot, lower extremity and lower back. Continued use prevents further injury by optimising biomechanics. Made for the exclusive use of one patient.

Fitting Orthoses

Upon receiving your orthoses, your prescribing clinician will assess them for fit, comfort and function. Each device is labelled right and left, to be inserted in appropriate footwear (i.e. boots, trainers, shoes).

Depending on your footwear shape and size, your orthoses may need adjustment to establish optimum fit and comfort while wearing. Removing the inner liner of your shoe is often sufficient to achieve a good fit.

If your orthoses are replacing an old pair, they will feel different until your feet adapt.

If you've had your orthoses for 3 years, or you've had surgery, we recommend consulting your clinician. Your feet will change in time, and your prescription may need updated to provide the same comfort and results.

Sandals are not suitable footwear, as the orthoses will not be held in place and cause friction and blistering. Always wear socks or stockings with your orthoses.

Wearing Orthoses

It is important to follow a gradual break-in period to feel comfortable wearing orthoses. Initial mild foot, ankle, leg, hip or back ache is common, and will gradually disappear as your body alignment adjusts.

For the first 3 days wear them 1 hour per day, while walking only. Add an additional hour of wear each day until you can comfortably wear your orthoses all day.

Don't wear your orthoses the first week during exercise or other strenuous physical activity. During the second week of wear, slowly incorporate these activities.

Multiple-use item: Orthoses are a multiple-use product, worn daily.

Important

- If you've followed these directions and your symptoms persist, worsen, or you develop pain/blistering then stop wearing your orthoses immediately and contact your clinician
- If over a period of time you develop new pain or significant discomfort, contact your clinician to review your foot health and orthoses requirements
- Unless your orthoses have a leather cover, Firefly products don't contain any cells of animal origin
- Dispose in general waste. Clean polypropylene can be recycled. Refer to your local recycling facilities

Orthoses Care

Orthoses are a non-sterile device, so you must maintain and clean them. Clean with a warm damp cloth and leave to air dry.

Avoid excessive moisture, don't submerge in water or wash them in a machine. Excessive moisture will cause adhesive breakdown and materials to come apart.

Do not expose your orthoses to high heat (eg. dryer, heater, fireplace).

Place talcum powder in your shoe beneath your orthoses if they squeak when moving.

Orthoses Maintenance

The functional life of orthoses is 3-5 years. General wear and tear is expected with repeated wear of your orthoses.

The hard shell structure will persist, but the softer materials combined with moisture from your feet and external environments, will compress and degrade over time.

Depending on the type of device prescribed, materials used, and your activity levels, soft materials may need to be replaced more regularly.

Occasionally review the hard component of your orthoses to check for fractures in the shell. If it fractures, stop wearing the orthoses and contact your clinician. Continued wear can cause breakdown of the soft materials and the shell can pinch your foot at the fracture point.

Any refurbishment or repair of orthoses will be carried out by Firefly, the manufacturer. To arrange it, contact your clinician.