

BREAK-IN INSTRUCTIONS FOR YOUR CUSTOM ORTHODONICS

Your custom orthotics were designed to improve your body movement and function. It takes time for your body to adapt to these changes. Mild aches or discomfort may occur in your feet, ankles, legs, hips, or back. If symptoms persist after the initial break-in period, contact our office.

When used properly, your orthotics can provide many years of comfort and support. The following guidelines will assist you in wearing and caring for your custom orthotics.

1. Place the orthotic in the correct shoe (there is a left and right orthotic). Make sure that it fits securely in the heel. You may need to remove the insoles from your shoes before inserting the orthotics.
2. Wear your orthotics for only 1-2 hours for the first two days.
3. Add an hour each day until you can comfortably wear your orthotics all day. The break-in period may differ from person to person.
4. If your orthotics pinch, cause blisters, or if you experience great discomfort, stop wearing them and contact our office.

CARING FOR YOUR CUSTOM ORTHOTICS

- Never leave your orthotics in wet shoes
- If your orthotics get wet, remove them from your shoes and air-dry.
- Do not expose your orthotics to heat (dryer, heater, fireplace, etc.)
- Always wear socks or stockings with your orthotics
- If your orthotics squeak while you walk, place talcum powder in your shoe under the orthotic.