

WEARING YOUR CUSTOM ORTHOTICS

Your foot orthotics were prescribed by your doctor and are individually designed to relieve your specific foot problem or meet your particular athletic need. It is important that you read and follow these specific instructions in order to obtain the desired results from your orthotics.

- 1** Place the orthotics into your shoes as far toward the back as possible.
- 2** Wear your orthotics for up to one hour the first day and increase wearing by an hour or two each day.
- 3** If uncomfortable take the orthotics out of your shoes and wear them the next day. The break-in period may be easier for some people and more difficult for others. Use common sense and listen to your feet during this period.
- 4** Orthotics change the way you walk and the way your muscles work. You may start using muscles you have not used in a long time. Foot and leg muscle fatigue as well as discomfort can occur during the first four weeks.
- 5** If your orthotics squeak while walking, place a light layer of foot powder in your shoe under the orthotic.
- 6** Discuss the type of dress shoes and sports shoes that are best for you with your doctor. Orthotics work better in certain styles and types of shoes.
- 7** When purchasing new shoes, bring your orthotics. When purchasing sport shoes it may be necessary to remove their insoles.
- 8** Clean only with a damp cloth and mild soap. Never wash your orthotics in hot water or leave them in your shoes when your shoes are wet.

If your orthotics are uncomfortable after the break-in period, please discuss this with the provider. If your orthotics pinch or cause blisters, please stop wearing them and consult your doctor.