



FOOT ORTHOTICS

ABOUT YOUR ORTHOTICS

1. Your foot orthotics were fabricated for you to provide better alignment to your feet.
2. You may experience some side effects from your new orthotics. Your break-in period will normally last one to three weeks. Overuse is the most frequently encountered problem.
3. You may experience aching in the feet or legs due to muscle fatigue and the change in the foot function and position. This is normal and expected.
4. You may require different footwear to accommodate your orthotics. Shoes that tie or Velcro closed are generally preferred. Clogs, "flip flops", or many dress sandals are inappropriate because the orthotics will not remain in position within the shoe. Shoes with removable insoles are helpful, as the insoles can be removed, then replaced with the custom orthotics.
5. It is a good idea to remove the orthotics from your shoes nightly to let them breathe. This will allow any perspiration or moisture to evaporate and dry, from both the insoles and the inside of the shoe.

WEARING AND USE OF ORTHOTICS

1. Gradually increase the amount of time you wear your foot orthotics over a period of several days. Start out wearing them an hour or two each day, then slowly increase the amount of time you wear them per day until you reach full time use.
2. Do not get discouraged if it takes more time to adjust than you expect. Increase your usage slowly if you do not experience any negative side effects.
3. If you experience any sharp pains, skin breakdown, blisters or rashes, discontinue use immediately and call for an appointment. We will evaluate the problem and make the necessary modifications.

Please call if you have any problems with or questions about your orthotics. Report any changes in your health or physical condition which may affect the fit or function of your orthotics, such as changes in weight or volume, muscle strength, or recent surgeries.

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