

Orthotic Break-in Instructions

- Begin by wearing orthotics as much as four hours per day if they are comfortable.
- Increase daily wear as tolerated.
- If you are having problems:
 - Decrease wearing time
 - Do not use with aerobic activities (walking, running, hiking) until they are comfortable for daily wear.
- Areas that pinch or rub AFTER 3 WEEKS may need to be adjusted. Try moleskin in the meantime to see if the device will accommodate.
- Normal sensations which may be felt
 - Heel coming out of shoes
 - Feet are tilting to the outside
 - Pressure on the outside/ little toe
 - Shoes feel too tight. You should be able to wear orthotics in the majority of your shoes with the possible exception of cowboy boots, high heels, sandals or shoes that were previously too small. Customized orthotics can be made for specialized shoe gear including ski boots, heels, cowboy boots, skates or cleats.
- We ask that you wear your orthotics for three weeks to determine whether or not they are comfortable. If you have never worn orthotics in the past it may take a minimum of three weeks for your foot to accommodate to the new device. After that time please call the office for a possible adjustment if you are having problems.
- It is important to remember that the mechanical problems with your feet did not occur overnight. Therefore, you will probably go through a period of adjustment with your new orthotics. It is important that you report any long term problems so that adjustments can be made.
- There is a 90 day warranty for any adjustments that need to be made. This includes replacement of top covers. Adjustments and recovers made after the 90 day period will be done at a nominal fee to cover lab costs.

Signature _____ Date _____

