

## **Basic Wearing Instructions for Custom Made Orthotics**

Your orthotic devices, which have been manufactured with as many as 23 different steps, are not just an arch support -they are a custom made prescription especially designed for your feet. These devices have been carefully fabricated with the finest materials and meticulously crafted using the models of your feet that were taken by your doctor.

In most cases, your orthotic devices will require a gradual break-in period. Your orthotics should be worn for one hour the first day. Increase the wearing time by one hour each day for the first 7 or 8 days. If, on any given day, the orthotics become acutely uncomfortable, discontinue wearing them for the remainder of that day. Try to increase the wearing time the next day.

Don't become discouraged if the adjustment period takes a little longer than 7 or 8 days. If your feet are especially sensitive, you will need a slightly longer break-in period. If this persists, you should contact your doctor. In some cases, adjustments may be necessary.

## **Helpful Information about Your Orthotics**

- To eliminate skin irritation, your orthotics should be worn with socks or stockings.
- If squeaking is noticed, add baby powder to the inside of your shoe or lightly wax the edges of the orthotic.
- Occasionally, with slip-on shoes or loafers, your heel may slip out of your shoe. Try to use a shoe with a deeper heel seat or higher heel counter. Slipping will usually be eliminated as your orthotics "settle" into your shoe.
- It is important to follow these and your doctor's specific instructions to avoid undue discomfort to your feet.
- Your orthotics cannot immediately reverse a deformity that may have taken years to occur. In time, however they will correct the function of your feet and eliminate any symptoms related to your condition.

Stay in contact with your doctor. He will be able to determine if your orthotics are functioning properly and answer any questions you may have.