

Make the Most of Your Custom Orthotics

Orthotics are devices which re-align your entire lower body. For this reason you need to allow time for your muscles, joints and ligaments to adjust.

Please Remember

- ✓ **It is normal for your body to require time to adjust to your new orthotic devices.**

Your body's alignment, including your knees, hips and back, is affected by orthotics. For this reason the body will require a gradual break-in to the orthotics.

- ✓ **Orthotics may need to be trimmed slightly to fit perfectly into your footwear.**

Your custom orthotics were made for your feet, not for a particular shoe. It is common that your foot health care provider may have to trim your devices to ensure a perfect fit in your footwear.

- ✓ **Orthotics are heat sensitive, please do not place on a direct source of heat.**

Custom orthotics are made to the shape of your feet by heat molding special material to your foot impressions. For this reason they will distort if heated. It is important to avoid heating your orthotics as it will change the intended shape designed for your specific foot shape and alignment.

- ✓ **If your orthotics get wet, allow them to air dry for 24 hours.**

It is also good practice to remove the orthotics from your footwear at night as perspiration can get trapped inside your footwear. Allowing the orthotics and footwear to properly dry reduces odor and increases the longevity of your orthotics.

- ✓ **You can clean your orthotics with a damp cloth using mild soapy water.**

Do not soak your orthotics in any liquid, as the glue will separate.

- ✓ **Your shoe selection may have to be considered when using orthotics.**

Orthotics should not affect your shoe size however you may have to remove the existing insole in your shoe.

- ✓ **If you have any concerns about your orthotics please contact your foot health care provider.**

Your practitioner has been extensively trained in the prescribing of custom foot orthotic devices. They are your best resource when it comes to addressing your questions and concerns.

Break-in Guidelines

Day One

1

Wear your orthotics for a half hour to a full-hour. Take note that it is common for your orthotics to feel different and lumpy when you first put them on.

Day Two

2

Wear your orthotics for two hours. Your orthotics should start to feel more natural the longer you wear them. Remember that orthotics are changing the alignment of your body and that you may feel changes in your ankles, knees, hips and back.

Day Three

3

Wear your orthotics for a period of three hours. It is important to note that the suggested break-in time is intended for moderate activity. Do not try to break-in your orthotics while doing any extended walking or athletic activities.

Day Four Onward

4

Continue increasing your orthotic use each day by one hour. Once you are successful in wearing your orthotics for an entire day comfortably, you can start to enjoy using them for more sustained activity.

Please Remember

5

Each individual adjusts to custom orthotics at a different rate. Remember that you can reduce your break-in time intervals if necessary. The above guideline is a suggestion. Your foot health care provider may recommend a specific break-in schedule more suitable for your health care needs.

Why Custom Orthotics

Your feet are extremely complex mechanisms that are exposed to a tremendous amount of force each day. It is for this reason that custom foot orthotics are such a crucial part of successfully treating many ailments of the lower body. Custom orthotics represent the most accurate form of arch supports available.