

ORTHOTIC INSTRUCTIONS

Do not expect to be comfortable wearing your orthotic devices the first time. Like eyeglasses, you may be aware of them, but as the time passes they will not be uncomfortable and you will enjoy wearing them.

FOLLOW THESE INSTRUCTIONS! THERE IS NO RUSH.

1. Wear your orthotic devices for 1 hour the first day, 2 hours the second day, 3 hours the third day and so on. You may wear them as little as 10 - 15 minutes if needed. It usually takes approximately 1 week for you to become accustomed to wearing your orthotics. Do not use your orthotics for running or sports until you have worn them all day long.
2. If at any time the orthotic devices become uncomfortable before the maximum time for that particular day, stop wearing them. On the next day, do not increase wearing time. Subsequently, increase wearing time by 15 - 10 minutes ONLY IF COMFORTABLE.
3. Follow this routine until the orthotic can be worn in comfort for the whole day.
4. NEVER ATTEMPT TO FORCE YOURSELF TO WEAR THE ORTHOTIC.
5. Some patients occasionally report mild aches or discomfort in other parts of the body such as knees, hips or back after 3 to 4 hours of consecutive wear. If this is the case, do not extend your wearing time. Instead, cut it back by an hour or two. These symptoms will disappear in a short period of time as your body realigns itself and functions more efficiently.
6. It is possible that your orthotic devices may require some small change or adjustment to improve their function or make them more comfortable. Several adjustments may be necessary before complete comfort is obtained. In women's shoes, it is not unusual for the heel to slip off, particularly if they are slip-on shoes. If this is the case, try another pair of shoes.
7. Squeaking of orthotic in the shoes is due to normal movement of the devices. To eliminate squeaking, use talcum powder into your shoes before inserting the orthotics.
8. Your orthotics should be worn with socks or stockings during the adjustment period to minimize irritation.
9. Your orthotics may be cleaned with mild soap and warm water. Do Not Soak your orthotics. Use a damp cloth with minimal soap.