

WEAR AND CARE

FOOT ORTHOTICS

Gradual “break-in” is necessary for you to adjust to YOUR new Orthotics. During this time you may experience discomfort in any joint of your lower extremity or low back. To limit this and increase the success of YOUR Orthotics:

- Begin wearing YOUR Orthotics for 1 hour the first day
- Continue to increase by 1 hour per day until you are able to wear the devices for an entire day.

Minor problems can be addressed at YOUR recheck appointment. If, however, you experience significant pain or blisters, **stop wearing your devices, and contact us immediately for an appointment.**

Orthotics are to be worn with clean socks, shoes and/or sandals designed for Orthotics. Socks and shoes should be in good condition, well fitting, and appropriate to any medical condition.

To care for YOUR Orthotics:

- Remove from shoes daily to dry
- Remove grit and sand from shoes
- Periodically hand wash with mild soap and water.
- **Return for annual check-ups**