



## *HOW TO USE YOUR ORTHOTICS*

1. Regardless of how comfortable your orthotics may feel, do not wear them for more than one (1) hour on the first day, not more than two (2) hours on the second day, three (3) hours on the third day and so forth.
2. If your orthotics really bother you before you reach the maximum wearing time for the day, take them out of your shoes. On the next day, resume wearing your orthotics, but only for as long as you wore them on the previous day.
3. From this point, increase wearing time by 15-30 minutes a day instead of one (1) hour and **ONLY IF YOU ARE COMFORTABLE**.
4. Your doctor will probably appoint you an orthotic check-up visit in 2-4 weeks which is when most patients are wearing their orthotics comfortably most of the day.
5. Do not be alarmed if you develop some mild achiness or transient discomfort in your knees, hips or back. Remember, your feet form the foundation of your body, and as they are becoming more properly aligned, so is the rest of your body. Inform your doctor if discomfort persists and reduce the amount of wearing time. When comfortable, you may once again slowly increase your wearing time.
6. After your foot orthotics are dispensed, it is possible that they may need some adjustments, refitting or additions. This is generally done after about one to three months have elapsed as your feet are starting to realign and function better. The laboratory will work closely with your doctor to achieve the best results for you.
7. The shoes you wear can play an important role in maximizing the therapeutic value of your orthotics. Therefore, your doctor will advise you concerning your footwear. However, it is generally best to wear shoes that have as deep a heel seat as possible for better control and reduced heel slippage. The occasional "squeaking" caused by the desirable subtle orthotic movements in the shoes can be minimized or eliminated by applying soap or wax to the edges of your orthotics or by dusting baby powder into your shoes before you insert your orthotics, or both.