



HOW TO WEAR ORTHOTIC DEVICES

Basic Instructions and Guidelines

Like eyeglasses, orthotics may require some adjustment during the break-in period. Be patient and allow your doctor to provide proper instructions to effect correction of the foot imbalance for which this orthotic device was designed.

It will take approximately one to six weeks for you to become accustomed to wearing your orthotics. During this adjustment period, there may be some discomfort in your foot, leg, or direct irritation to the skin. Contact your doctor immediately if the discomfort continues.

Wear the orthotic devices in comfortable shoes with adequate room. Start with one hour and increase wearing time by one hour each day. Do not be discouraged if your adjustment period seems a little longer than mentioned above.

Tips for Orthotic Wear

1. The orthotics should be worn with stockings during the break-in period to minimize skin irritation.
2. You should feel no sharp edges or ridges. There will be some pressure in the arch area.
3. **DO NOT** run in your orthotics until they can be worn comfortably in walking activities for a typical day.
4. Discuss with your doctor the different types of shoes with which you may wear the orthotics.
5. If the orthotics “squeak,” use foot powder in your shoes or try rubbing the edge of the orthotic with wax or bar soap.
6. The orthotics may be cleaned with mild soap and lukewarm water. **DO NOT USE HOT WATER** as it may damage the orthotic.
7. You may experience discomfort in other parts of your body such as knees, hips, or back after several consecutive hours of wear. Should this happen, cut back your break-in time by an hour or two. If the pain persists, call your doctor. These symptoms normally disappear as your function improves.
8. It is not unusual for your heel to slip during the adjustment period. Try other shoes and be certain the orthotics fit well in the shoes.

It is important that you follow your doctor’s specific instructions along with these guidelines.