

Break in Instructions for Your New Orthotics

Your orthotic device is not simply an arch support, but has been specifically designed for your foot contour and shape. Like eyeglasses, they may require some adjustments during the break in period. 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, legs, or irritation to the skin. Contact your doctor if this discomfort continues.

Fitting your orthotics in your shoes. 1. Take out the insert in your shoe 2. Place it on top of your orthotic 3. If your orthotic is longer than the insert, use the insert as a template 4. Trace a line on your orthotic and trim it with this template. NOT all orthotics will need to be trimmed. Be careful to not trim the orthotic too short. Also, use other shoes as templates too, as to not make the orthotic fit to only one pair. They do not have to be measured exactly to fit into multiple shoes.

Start wearing your orthotics in comfortable shoes with adequate room. Wear them until some fatigue or discomfort is noticed, then take the orthotics out of your shoes for 45 minutes to one hour. At the end of that time, put them back into your shoes and repeat the process. It is not unusual to move them several times a day during the initial adjustment period. If this schedule is not comfortable, start with one hour and increase the 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. Wear the orthotics with socks 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 during walking activities for a typical day.
4. Discuss the different types of shoes with which you may wear the orthotics with your doctor.
5. If the orthotic squeaks, use foot powder in your shoes.
6. The orthotics may be cleaned with soap and lukewarm water. Hot water will damage them.
7. If your orthotic is broken or damaged, notify your doctor.
8. 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.
9. It is not unusual for your heel to slip during the adjustment period. Try other shoes and be sure the orthotic fits well in the shoe.