



# Foot by Foot

**ORTHOTICS & FOOTWEAR EDUCATION**



## Instructions for Wearing Orthotics

Start wearing your new orthotics for 1 to 2 hours the first day. Add an additional hour each day until you work up to wearing them all day. Use moderation initially as mild discomfort and muscle stiffness is not uncommon when breaking in new orthotics.

In the beginning avoid running or other intense activities with the orthotics until your feet have had an opportunity to adjust to the new foot posture and you are able to wear them all day. When you start to wear your orthotics for activities, start with smaller increments of time.

Wear your orthotics in the shoes that you have been advised to wear by your pedorthist. Your orthotics and shoes function together for optimum support.

When purchasing new footwear, take your orthotics with you to try on with the new shoes to ensure proper fit. If your orthotics are full length, remove the insoles that come with the shoes and replace with your orthotics.

If you experience excessive discomfort from breaking your orthotics in, stop wearing the orthotics and call to book an appointment as you may require an adjustment. (Be sure to bring the shoes you have been wearing the orthotics in, to the appointment).

There is no charge for minor adjustments to your new orthotics for 12 months.

If your orthotics become damp or wet, take them out of your footwear and let air dry. Never put the orthotics over or close to a heat source.

Clean your orthotics with a damp cloth and mild detergent. Allow to air dry.