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How to ensure the most benefit and satisfaction ...

YOUR ORTHOTICS

The inserts that were dispensed to you are called “orthotics”. They were custom made from the casts taken of your feet to guarantee conformity to the shape and contours of your feet. Your orthotics were designed to correct the alignment of the feet and legs, thus relieving any symptoms of abnormal foot function. During the next few weeks, your body will gradually become accustomed to this new and proper alignment. Because each human body is different, the exact period of adjustment is difficult to determine, but it may take 2-6 weeks. During this adjustment period, you may experience mild discomfort that should disappear as the orthotics enable the foot to realign, achieving the correct posture and function more efficiently.

Instructions:

1. Wear your orthotics for up to one or two hours the first day, two to four hours the next day, three to six hours the third day, etc. until using full time.
2. If your orthotics cause pain before you have worn them for the scheduled period remove them. On the next day, do not attempt to increase the wearing time. Then resume your schedule the following day, increasing the wearing period 1 hour per day.
3. Be sure to wear stocking or socks to minimize the possibility of skin irritation.
4. Remember that shoe construction will affect your orthotics; they function most effectively in closed shoes rather than step-ins. When purchasing new shoes bring your orthotics to insure proper fit.
5. Occasionally the orthotics may squeak in your shoes. This can be eliminated by lightly dusting baby powder into the shoes.
6. Care and cleaning: wash with mild soap and lukewarm water only if necessary (never hot); do not use oil or Vaseline on leather covered orthotics and avoid repeated soaking – allow to dry 24 hours before re-using if wet.
7. Should the material on the bottom of your orthotics appear to wear, or should the devices break, return them to your Podiatrist. Don't attempt to correct or modify them yourself.
8. If you have any questions about your treatment, please feel free to discuss them with us. Your problems cannot be corrected if the doctor remains unaware of it. Most difficulties can be corrected quickly and easily.