

## ORTHOTICS INSTRUCTIONS

These orthotics were scientifically constructed especially for you. In order to obtain the best results, the following procedures are recommended.

1. Your orthotics must be worn in shoes that are properly fitted for that specific purpose. Since they are made from molds of your feet, they must be considered as a part of your feet when shoes are fitted. The orthotics and your feet must find a comfortable home in your shoes. If you neglect this, you defeat the benefits you may obtain. Before putting the orthotics in your shoes, remove all arch supports, rubber or felt additions from the shoes. If the original shoe insert is completely flat, you may put your orthotic on top of the insert if it does not make the shoe too tight.
2. Your orthotics may feel unusual for several weeks. You may notice some pressure points that were not there before or the heels of your shoes may feel as if they are slipping. You will be using leg and foot muscles that have been dormant for a long time and, as a result, may become a bit tender.
3. Never attempt to force yourself to wear your orthotics. Severe complications can result.
4. Wear your orthotics for approximately one hour the first day, two hours the second day, three hours the third day and so on until being able to wear them all day.
5. You should wear stockings or socks with the devices to minimize the possibility of skin irritation.
6. Certain shoes may not be compatible with your orthotics or may tend to decrease their efficiency. It is important to remember the shoe connects the orthotics to the ground and if it is incorrect, the orthotics will not benefit you as they are intended.
7. Occasionally your orthotics may squeak, especially if your shoes are fabricated from leather. If this occurs, remove the orthotics from your shoes and put some talcum or baby powder on them. Reinsert your orthotics and wear.
8. Should material on the orthotics appear to wear or should the device break, return them to your doctor for correction. Do not attempt to correct or modify them yourself. Be aware that an apparently minor change may seriously affect your foot function.
9. Orthotics are not a cure-all. An increase of 70% to 80% in your ability to function better is considered excellent. Several adjustments may be necessary before complete comfort is obtained.
10. Your orthotics will not last forever. They will wear out with long-standing usage and hard wear. The average person walks approximately 2,500 to 4,000 miles each year; this means five to eight million steps are taken to cover that distance.
11. As other parts of the body, our feet are subject to change and may require new orthotics when such a change takes place.
12. Because these orthotics have been made especially for you, do not allow anyone else to wear them.
13. Do not get your orthotics wet as they may become distorted. If they do get wet, DO NOT place them on a stove or radiator to dry. Allow them to dry in the open air at normal room temperature.
14. Plastic and composite orthotics can be scrubbed lightly with mild soap and water. Wipe down with a paper towel and allow to dry completely before use.