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ORTHOTIC BREAK-IN INSTRUCTIONS

It is important that the orthotics are NOT worn all day in the beginning of the break-in process. We recommend the following break-in schedule:

Day 1: Wear the orthotics for one hour (including sitting time), then remove them from your shoes. DO NOT use the orthotics for any sports activities until they are fully broken in.

Day 2: Wear the orthotics two hours.

Day 3: Wear the orthotics three hours.

Day 4: Continue to add one hour per day until you reach eight hours.
You may then wear the orthotics full time.

If you develop ankle, knee or hip pain while breaking in the orthotics, remove them from your shoes immediately. Refrain from wearing the orthotics for one or two days until the pain subsides. You may take a pain reliever if necessary. Begin wearing the orthotics one or two hours less than the amount of time that you wore them on the day when the pain began. Continue with the break in as described above. If you continue to experience discomfort, call our office for an appointment to be evaluated by Dr. Cooper.

Day 28: Follow up with your appointment with Dr. Cooper for an evaluation.

The orthotic plates should last approximately four to five years. The top covers and posts (additions on the bottom of the orthotics) may need replacement sooner, depending upon your activity level. If your orthotics squeek when walking, a little baby powder in your shoe will help. You may wash them with a damp cloth and mild soap. Your orthotics should be checked annually by the doctor to ensure they continue to fit properly. When purchasing new shoes, take your orthotics with you to ensure proper fit.

Some patients find they prefer to wear their orthotics under the liner that came in the shoe. Others place the orthotics on top of the shoe liner while still others remove the shoe liner entirely. It is all a matter of personal preference and comfort. As long as the orthotics sit flat in the shoe and the arch is not displaced by the shoe liner, you may try the liner and orthotic in these different combinations to achieve the most comfortable fit for you.

These orthotics have been custom molded to your feet. They cannot be returned. If you have adjustment problems or cannot wear them for any reason, it is important that you communicate with us. We will work with you to make the necessary adjustments to obtain maximum comfort and therapeutic effect. Thank you for following these instructions. Your feet will be very happy you did!!