
BREAK-IN INSTRUCTIONS FOR YOUR CUSTOM ORTHOTICS

Do not expect to be comfortable wearing your orthotics initially. Like contact lenses, a certain break-in period is required. There is no hurry. We cannot expect to quickly reverse a condition that has taken months or years to develop.

Please follow these instructions:

1. Wear your orthotics for no more than one hour the first day. Add an hour each day, i.e., 2 hours the second day, 3 hours the third day, etc.
2. If the orthotics become very uncomfortable before the maximum time period for that day, STOP wearing the orthotics. The next day, do not increase the wearing time. Then, increase the wearing time by 15 to 30 minutes, instead of one hour (ONLY IF COMFORTABLE).
3. Please schedule an appointment to be seen by the doctor at 2 weeks. By then, you may be wearing your orthotics for 8 or more hours per day.
4. Some patients report mild aches and pains in other parts of their body, such as back, hips, or knees. If this is your case, do not extend your wearing time. Instead, cut the time back by an hour or two. It is likely these symptoms will disappear in a short period of time, as your body posture realigns itself and functions more efficiently.
5. It is possible that your orthotics may require small changes or adjustments to improve their function or fit.
6. Orthotics fit best in lace-up shoes, such as a running shoe. In some shoes, particularly slip-on shoes, the heel may slip. If this happens, try other shoe styles.
7. To eliminate squeaking, dust the inside of your shoe with baby powder before inserting the orthotics.
8. It is important that you follow these instructions. Failure to do so will prolong the break-in period, or create problems that would be easily avoided.

This information is intended as an educational guide only and is not intended to substitute the medical care or explanation by your doctor. If you have any questions, please contact our office.