



## ORTHOTIC INSTRUCTIONS

1. Start wearing them for one hour the first day. Increase your wearing time by one hour per day until you are wearing them for eight hours.
2. No exercising, heavy walking, etc., until you are wearing them for at least eight hours.
3. You may feel some discomfort in the arch area - this is normal. Your feet are adjusting to the orthotics and this usually takes about three weeks. You may take Tylenol or aspirin for the discomfort. If the pain is more than just discomfort, try going back to wearing them for only a few hours at a time and slowly increase your time again. If after the three weeks you still have a considerable amount of pain, give us a call. Listen to your feet!
4. If your orthotics squeak, or if your feet tend to perspire more than normal, you can use the over-the-counter foot powders or baby powder.
5. Clean your orthotics with warm soapy water. Hot water will damage them.
6. Ladies: If you have ordered sport orthotics, they should accommodate running shoes, wide width shoes, or loafers. **The sport orthotic may not work in dress shoes.** We can make a dress orthotic for dress shoes. If the orthotics fit tightly, do not use them in that pair of shoes.
7. Men: If you have ordered sport orthotics, they should accommodate most shoes, even dress shoes. If the orthotics fit tightly, do not use them in that pair of shoes.
8. Always take the orthotics with you when you're buying shoes so that you know they will fit properly.

If you have any questions or concerns, please do not hesitate to contact our office.

*Be Patient, Don't Give Up ..... The Results Will Be Long Lasting.*

**Plantar Fasciitis Tip:** Clients who have this problem can find relief by placing the orthotics in a pair of slippers next to the bed. Every morning, the first step out of bed will be into the orthotics for a few minutes. Try this every day for 30 days, then test if morning pain is gone. If pain persists, continue another couple weeks. Use this procedure anytime going from an extended, relaxed, non-weight bearing state to a weight bearing position. **DO NOT WALK BARE FOOT!**