



ORTHOTIC INSTRUCTIONS

Before Receiving Orthotics:

Please be aware before making orthotic appointments that orthotics are custom devices that are made to fit your feet. We do not make Orthotics to fit shoes! By all means, we will do all that is possible to pick a foot orthotic that will best suit your daily needs and we will try to accommodate the shoes that you wear. It is important that you realize that there is a chance that after receiving your custom orthotics you will need to get shoes that work with them.

After Receiving Orthotics:

1. Take shoe inserts out of shoes. These inserts will not be put back in but are used to help trim your orthotics. To trim, place shoe inserts on top of your custom orthotics. If orthotics are longer than inserts you can trim orthotics. Trim by tracing around top of insert, then take kitchen shears and trim down. Make sure you don't trim down too much or the orthotics will slide in your shoes. Do not place shoe inserts back into shoes, only custom orthotics!
2. Break in Orthotics slowly! It usually takes about 2-3 weeks to fully adjust to wear. If you have pain; decrease the amount of time you wear them and slowly increase as your symptoms allow. This is a guide for breaking in orthotics:
First day: 1/2 -1 hour of wear
Second day: 1 1/2 -2 hours of wear
Third day: 2 1/2 -3 hours of wear
Fourth day: 2-3 hours in the morning and 2-3 hours in the evening
Fifth day: 4-5 hours of wear
Continue to progress daily until you can wear them full time
3. If any blisters or sores occur during wear, discontinue use of orthotics and contact our office.
4. If after a break-in period of 2-3 three weeks, you are still having problems with your orthotics, make an appointment to come in and have them adjusted. Occasionally orthotics needs to be slightly adjusted after the break in period. An appointment for adjustments can be made by calling 703-584-2040.