

## **Custom Foot Orthotics**

You have been fit with custom foot orthotics and we ensure they will have the proper support needed to keep your foot in the most functional position to ensure the best results! But it can take a while for your feet to get used to the new foot orthotics.

Wear your foot orthotics no more than 2 hours the first day and then add two hours daily until you can wear them all day. Check your feet after each wear to ensure no pressure points or sores have developed. Redness that does not disappear after 20 minutes could be a possible pressure point. Discontinue wear and call our office if this happens.

Do not wear your foot orthotics for sports activity until you have completed your break-in schedule.

Like any medical procedure. There is no guarantee in decreased pain, complications, resolution of underlying medical condition, or discomfort.

Custom orthotics are made of many different types of materials that can degrade at different rates. Depending on your activity and environment it may be necessary to have the orthotics re-covered, which is not part of the warranty.

## **Shoes**

Your shoes must accommodate the foot orthotics provided to you. Your custom orthotics fit your foot. Your orthotic and foot must fit the shoe properly and not too snug. We cannot guarantee a proper fit and function of the foot orthotic unless a proper shoe is used.

## **Care**

Clean your foot orthotics with mild soap using a damp soft cloth. Do not immerse them in water or expose to high temperatures (i.e. washer and dryer). Take care of your foot orthotics as they will take care of you!

Signature: \_\_\_\_\_