

## **INSTRUCTIONS FOR ORTHOSES**

It is important that when you wear your new orthoses that you wear them gradually over a period of time. Wear them for one hour today and each day add another hour to the amount of time until you are up to eight hours per day. At this point you can wear your orthoses continuously. This break-in period is to help avoid cramping in your foot and leg as it is held in a new position by the orthoses. The orthoses are marked left and right and the high side of the orthoses always goes on the inside on your shoe. It is not unusual for your orthotic to rock in your shoe for the first one to two weeks as it settles into your shoe. The orthoses work best in a laced, tie-up shoe. If the orthoses squeak or make noises, a small amount of powder placed underneath the orthotics will help to eliminate the noise.

After having your orthotics for four weeks, we would like to see you back in the office. This visit is to make sure the orthoses are working correctly, to answer any questions you may have, and make any minor adjustments.

Please note that you have 90 days to bring in your orthotics to our clinic for further adjustments and modifications with no vendor charges. The deadline is strictly enforced by the orthoses manufacturer; therefore, it is imperative that you return to clinic for your follow up appointment after receiving your orthoses.

You should return to the office every six months to have the orthotics evaluated and to have any necessary adjustments made. This will increase the longevity and improve the functionality and comfort of the orthotics. If you notice any increased pain or discomfort or defects, please report to the office sooner for evaluation. We are often able to make minor adjustments that can resolve the issue quickly for you.

If you have any problems or questions before this visit, please do not hesitate to call. We are confident that you will enjoy your new orthoses!