GET THE MOST FROM YOUR NEW ORTHOTICS

GENERAL INFORMATION

What kind of Orthotic do I have?
- **Custom** - made from casts taken of your feet and designed specifically for you.
- **Customized** – modified with alterations prescribed by your doctor.
- **Preformed** – a standardized shape that we measure and fit to your feet.

Adjusting to your New Orthotics
- You should be comfortable wearing your new inserts within **2 – 6 weeks**.
- During this adjustment period you may experience temporary, mild discomfort or fatigue in other parts of your body such as calves, knees or lower back.
- Please contact InStep with any questions or concerns.

WEARING INSTRUCTIONS

1) Wear your new orthotics **as much as is comfortable**, and **less if necessary**. If you are having trouble getting used to the new orthotics, begin a schedule of wearing your orthotics for up to **1 hour** a day, **2 hours** the next day, **3 hours** the following day, etc.

2) If your orthotics are causing you pain before you have worn them for the scheduled time, remove them. On the next day, **do not increase the wearing time**. Then resume your schedule the following day increasing the wearing time 1 hour per day.

3) Wear socks to reduce the chance of skin irritation.

4) The type of shoe will affect how well your orthotic functions. Closed shoes with laces (like athletic shoes) or cross-over straps (like Mary Jane’s) work better than slip on, loafer styles.

5) If your orthotics squeak in your shoes, try dusting them with baby powder to reduce the friction between the insert and the shoe.

6) Care and Cleaning: remove your inserts from your shoes each evening so they can dry completely. If necessary, use a washcloth and wash with soap and lukewarm water; **do not submerge the orthotic** when washing. Air dry overnight before wearing.

7) If your symptoms do not subside, symptoms return, or if you find you are not adjusting to the orthotics **please call InStep to schedule a follow up appointment**.

InStep (North)                     InStep (Central)
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