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### WEARING YOUR ORTHOTICS

When used correctly, your orthotics will provide many years of comfort and support. In order to get the greatest benefit from your orthotics, please follow the following instructions.

- Always place the left orthotics in the left shoe, and right in the right shoe.
  - Always place the orthotic into your shoe as far back toward the heel as possible.
  - Wear your orthotics for a couple of hours the first day. Add an hour or two each day until you are up to a full day of wear. Wearing them for a full day in the beginning will cause discomfort, as your feet are not used to being in the corrected position.
  - Orthotics are designed to work best when wearing socks or stockings.
  - Orthotics change the way you walk and the way your muscles work. You may start using muscles you have not used in a long time. Foot and leg muscle fatigue as well as minor discomfort can occur during the first two weeks.
  - Follow-up evaluation is necessary if new symptoms develop or if the original symptoms continue. Report any areas of discomfort or areas of irritation to your treating doctor. **Do not continue to wear your orthotics if they are causing pain, numbness or creating a blister.**
  - Occasionally adjustments of the orthotics are necessary.
  - Orthotics will only work in certain styles and types of shoes. Lace-type, enclosed, lower heeled shoes with proper support are recommended. Initially, it is most important to find shoes that fit the orthotics, rather than modifying the orthotics to fit in specific shoes. Once your symptoms have been eliminated or minimized, then other types of shoes can be utilized. Unfortunately, there is no orthotic device that will work in all types of shoes. Specially designed orthotics are necessary for high fashion dress shoes, ski boots, skates, and sandals.
  - If your orthotics squeak while walking, place a light layer of talcum powder in your shoe under the orthotic.
  - When purchasing new shoes, bring your orthotics along for proper fitting. When purchasing sport shoes, it may be necessary to remove the insoles before placing the orthotic in the shoe.
  - Never wash your orthotics in hot water or leave them in your shoes when your shoes are wet.
  - Clean your orthotics with dish soap and let them air dry
  - Never put them in the dishwasher or dryer as this will warp the plastic
  - Top covers on orthotics will need to be replaced periodically, but the orthotics themselves will last for several years, under normal usage.
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