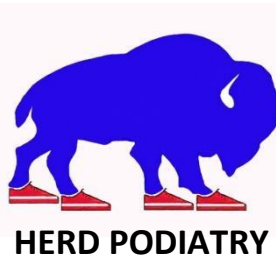


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Orthotics Instructions and Care

Initial break in:

It is recommended to wear the orthotics in only one pair of shoes during the break-in period. It is best to break in the orthotics with a new pair of shoes that have NOT broken down. Properly fitting footwear is essential for the orthotic to work correctly. Start by wearing them for two hours the first day and increase wear time by 1 hour each day after that. It may take anywhere from 3-5 weeks before they can be worn comfortably all day.

Avoid running or other strenuous activities with the orthotics until your feet have had an opportunity to adjust to the new foot posture and you can wear the orthotics at least 8 hours a day. If you experience discomfort in your feet, ankles, knees or back while wearing the new orthotics, take the orthotics out of your shoes and reduce the wear time by 1 hour each day until the discomfort disappears. Resume the normal break in procedure, increasing wear time by 1 hour per day. If after 3-4 weeks, you are still having difficulty adjusting, the orthotics may need to be adjusted.

Care Instructions:

Cleaning: Utilize a damp, soapy cloth to clean the surface of your orthotics. Do not immerse in water. If they get wet in the rain or with sports/work, let air-dry for 1-2 days before using again. Do not dry in the sun over 72 degrees or in a clothes dryer or with a blow dryer since this may soften the shell.

Odor: This is a common issue. There are over 200,000 sweat glands on the bottom of each foot, so perspiration is normal. Bacteria are within our perspiration, and this is what creates odor. In the attempt to eliminate odor, you can spray your orthotics with Clean Sweep, a non-toxic spray sold at our office for under \$15. Other items that are less effective are: Lysol deodorizer, Febreze, cologne/perfume or essential oils.