



Dear Customer,

Here are the orthotics that you have been waiting for! Orthotics are designed to affect a change in the movement of your foot which will in turn correct your foot problem. Because of these changes, you will need to adjust to your new orthotics. To do this, begin wearing your orthotics for only a few hours at a time as follows:

- First Day – 2 hours
- Second Day – 4 hours
- Third Day – 6 hours
- Fourth Day – 8 hours
- Fifth Day – Full time (this means from the time you get out of bed in the morning until you go to bed at night)

Remember, your pain did not appear overnight which means that it will not go away overnight. It might take time before you notice significant change. It is not unusual for you to experience different aches and pains or a straining sensation in other parts of your body (knees, hips and lower back) when you begin wearing your orthotics. This is a normal process. These aches and pains are a good sign that the orthotics are doing their job of realigning your skeletal posture to a more improved and efficient position.

Full length orthotics: be sure to remove the manufacturer insole, any arch support or gel cushions that are in your shoes. If the orthotics are too long for your shoes, very conservatively trim the padding until they fit snugly into your shoes. Lace up shoes with moderate to deep heel cup works best.

Shorter style orthotics: simply slip them into your shoes. Do not pull out any manufacturers insert, but do pull out any other arch support gel cushion that you have placed in your shoe.

Additional orthotic tips:

1. If your orthotics squeak in your shoes, sprinkle a little powder into your shoe or rub the edge with wax to solve the problem.
2. If your orthotic is sliding in your shoe, Velcro works well to hold it in place.
3. Do not wear your orthotics for sport activities until you have fully broken them in which means you are wearing them full time in shoes.
4. Do not be discouraged if your break in process seems slow.

Care Instructions:

The materials clean easily. Please do not use heavy cleansers. If cleaning is necessary, use a damp cloth with a MILD household detergent to wipe the surfaces only. Avoid extreme heat such as car trunks/dashboards, home heaters, fireplaces, clothes washers/dryers and dishwashers.

If you have an questions or concerns, please feel free to call us at **(877) 598-2471** or email us at customerservice@footdoctorsorthotics.com and we will be glad to answer any questions.

Enjoy your new custom orthotics!

Dr. O