

Castle Pines Foot & Ankle Clinic
Castle Pines Physical Therapy
Parker Foot & Ankle Clinic
Podiatry Associates at Cherry Creek
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Dear Ryan:

These 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. Start with two hours of wearing them the first day. The second day, try to increase your wearing time to four hours, etcetera until you are able to wear them all day without taking them out. Do not be discouraged if you are unable to wear your orthotics for long periods of time to begin with. It just means that you will take a little longer to adjust to them. If you are planning on wearing your orthotics for sport or fitness, only do so after you have adjusted to them in your everyday shoes.

Remember, the problem your doctor is trying to correct did not appear overnight, which means that it will not go away overnight. It will 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 (such as your legs, back, or other parts of your feet) when you begin wearing your orthotics. Be sure to inform your doctor of these symptoms, but do not be alarmed as it is fairly normal. These aches and pains are usually a good sign that the orthotics are doing their job of realigning your skeletal posture to a more improved and efficient position.

To use your orthotics:

If these are **dress style (short orthotic)**, simply slip them into your dress shoes, being careful to check that the right orthotic is in the right shoe, and the left orthotic is in the left shoe. Do not pull out any manufacturers insert, but you will want to take out any other arch support or gel cushion that you may have. If your orthotics squeak in your shoes, just sprinkle a little powder into your shoe or rub the edge with wax to solve the problem. For best results, look for shoes that fit well and fit your entire foot comfortably. Lace up shoes with moderate to deep heel seats work best. Try to avoid open heels, extremely high heels (over 1.5"), and any shoe that causes the orthotic to rock over the arch area.

If these are **athletic style (long orthotic)**, be sure to remove the manufacturer insole and any arch support, gel cushions and insoles that are in your shoes. The orthotics should fit into your shoes. If the orthotics are too big for your shoes, very conservatively trim the padding until they fit snugly into your shoes. Our staff can help you with this. In an athletic shoe, you should have a thumbs width between your toes and the end of the shoe, and they should fit comfortably elsewhere. Lace up shoes with moderate to deep heel seats work best.

Remember that your doctors are the experts in orthotics, so be sure to see them regularly for checkups and for any discomfort that you may experience. If you have any questions or concerns please feel free to call us or send us a message through our web site (footdoctorscolorado.com) and we will be glad to answer any questions.

Care instructions:

The material cleans readily and will not require heavy cleansers or vigorous washing. If cleaning is necessary, use a damp cloth and a MILD household cleaner. Avoid dropping or striking them and extreme heat, such as car trunks/dashboards, home heaters, fireplaces, clothes washers/dryers and dishwashers.