

# PodiatryCare, P.C. *and the* Heel Pain Center

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## **ORTHOTIC INSTRUCTIONS**

Your new orthotics are a prescription device and like eyeglasses they require a break-in period. Please be patient and follow these instructions. The break-in period will take anywhere from 1 to 6 weeks.

To insert orthotic into shoe, simply check R or L on bottom of device, then insert into shoe and push it back to the heel and to the **outside** of the shoe. Start wearing the orthotics in newer, comfortable shoes for just 1 hour the **first day**. Each day increase the wearing time by an additional hour until a full day is accomplished. Example; first day 1 hour, second day 2 hours, third day 3 hours, etc. If your foot, leg, knee or hip begin to ache or discomfort results from the use of the orthotic, **DO NOT** increase wearing time. Stay at the same hourly level for two days, then begin increasing time once again. **NEVER** wear orthotics if discomfort continues for 2 days, call the office for an appointment.

## **ADDITIONAL TIPS**

1. If sharp edges are felt, return to the office for adjustments.
2. Your heel may feel as though it is "popping" out of the back of the shoe. If so, then check to make sure the orthotic is fitting properly into the shoe. This sensation will disappear as the adjustment period ends.
3. You may wash your orthotics in warm soapy water but **DO NOT** dry with a hair dryer as that temperature will change the shape and function of the device.
4. You must wear socks/stockings with your device to reduce irritation.
5. You can use a wax candle rubbed on the edges of the orthotic to reduce squeaking of device.
6. **DO NOT** use your orthotics for running or sports until adjustment period has ended.

## **Contact PodiatryCare:**

1. If your orthotics are broken, lost or damaged.
2. If your adjustment period is not progressing due to continued discomfort.
3. If your orthotics cause skin irritation.