



BREAK-IN INSTRUCTIONS: ORTHOTIC INSERTS



1



BEGIN

Begin in an environment with an even and stable surface. Stand/walk for **30 minutes to 1 hour.**

2



EXAMINE

Examine your feet to make sure there are no signs of irritation, redness, or dark spots.

3



WEAR & PROGRESS

Wear your orthotic inserts indoors a few hours a day over the first couple days, while continually checking your feet for signs of irritation (following break-in chart below), then proceed to wear them indoors and outdoors full-time.

4



CONTINUE CHECKING

Continue to perform daily exams on your feet during and after the break-in process.

5



IF IRRITATION OCCURS

If there is ever any irritation, redness, or dark spots on your feet during or after the break-in process, discontinue wear of your orthotics and **contact your foot care specialist immediately.**

6



FOLLOW-UP INSTRUCTIONS

You should have regularly scheduled visits with your foot care specialist. Please direct any questions about the foot orthotic inserts to our office; this includes custom modifications and product warranties. If pain continues to be an issue with consistent use of orthotic inserts, please give us a call at **262-737-6021.**



BREAK-IN SCHEDULE CHART

DAY	MORNING	AFTERNOON
First	1 Hour	1 Hour
Second	1½ Hours	1½ Hours
Third	2 Hours	2 Hours
Fourth	2½ Hours	2½ Hours
Fifth	3 Hours	3 Hours
Sixth	3½ Hours	3½ Hours
Seventh	4 Hours	4 Hours



FOLLOWING WEEK: Use orthotic insert for the entire duration of the day while working, performing acts of daily living, walking, standing, playing sports, etc.



Continue to modulate any increase in perceived pain with ice or cold-water submersion as needed (if applicable).



HOW FOOT ORTHOTICS WORK

Orthotics are individually made from impressions of the feet and are designed to improve alignment between the feet and legs, helping control abnormal motion.

Adjustments are usually not needed before **3–5 days** have passed unless skin changes occur or the orthotics become uncomfortable before the recommended daily time; if so, stop wearing them and call **262-737-6021.**

CARE INSTRUCTIONS



Clean with mild soap and lukewarm water using a soft cloth.



Rinse lightly and air dry completely at room temperature.



Do not soak or submerge orthotics in water.



Do not use high heat to dry orthotics (no hair dryer, heat lamp, clothing dryer, heater, or direct sunlight).



Padding and top covers typically wear before the shell and posts.

