

Orthotics

Your orthotics were made just for your feet. They will help you with your foot problems or needs. Here is how to make sure you get the most from your new orthotics.



- When you put your orthotics in your shoes, make sure they are all the way back.
- On the first day, wear your orthotic for 1 hour. On day 2, wear it for 2 hours. Keep going until you always wear them when you have shoes on.
- It might take up to 2 weeks for you to get used to wearing your orthotics. If they start to bother you, take them out and try again the next day. It may take 1 to 2 weeks for you to 'break in' your orthotics. If your orthotics are still uncomfortable after 4 weeks, talk to your doctor. If you have sharp pains, stop wearing them until you talk to your doctor.
- Your orthotics will change the way you walk and how your muscles work. You may start using muscles that you have not used in a long time. Your feet and legs might feel tired for the first 4 weeks.
- If your orthotics squeak while you walk, put some baby powder between the bottom of your shoes and your orthotics.
- Talk to your doctor about the best shoes for you.
- When buying new shoes, bring your orthotics. With sneakers you may have to take out the insole to make room for the orthotic.
- Clean your orthotics with a damp cloth and mild soap. Never wash your orthotics in hot water or leave them in wet shoes.

Talk to your CHN foot doctor if you have more questions!