



COMMUNITY PODIATRY GROUP, P.C.

Medical and Surgical Specialists of the Foot and Ankle



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INSTRUCTIONS FOR WEARING ORTHOTICS

Foot devices (“orthotics”) are a new experience for feet. It can take between 1 to 4 wks. to become accustomed to wearing orthotics. The adjustment period may include some discomfort in the form of foot or leg aches, which usually if they occur are minimal and disappear in a very short period of time. This is your body/feet adjusting to the new devices.

The following instructions will be helpful to minimize your discomfort:

1. Break into your orthotics by wearing them 1 hr. the first day, 2 hrs. the 2nd day and gradually increase the time you wear the orthotics each day. By the end of the second week you should be wearing your orthotics comfortably. Children will adjust to their orthotics more rapidly than adults.
2. Your orthotics were made to fit into athletic type shoe gear, unless you have “dress” orthotics.
3. Orthotics should always be worn with socks or stockings to minimize skin irritation.
4. Remove the original insole in you shoe gear and replace it with your orthotic.
5. If you notice a “squeaking” of the orthotics in your shoes, apply talcum powder or corn starch inside of your shoe gear.
6. Orthotics may be cleaned with a moist soapy washcloth followed by wiping the devices down with a plain moist wash cloth.
It is very unusual for orthotics to break but if one or both of them do, please call our office immediately to report the damage.
7. If you have any further questions or difficulties, please call our office at (810) 230-0177