CUSTOM FOOT ORTHOSIS WEARING GUIDE

The orthoses and/or shoes that you have been fitted with are designed to reduce or relieve your pain symptoms by reducing abnormal structural and soft tissue stress. To do this requires the orthoses/shoes to redistribute pressures or forces. Therefore, a gradual break-in period is recommended, in order to reduce or eliminate any potential discomfort. Please keep in mind that this is only a guideline and that your wearing protocol may be specific depending on your diagnosis.

Day 1: Wear orthoses/shoes for up to one hour in the morning, if comfortable. Remove shoes and socks and check for any skin irritation or pressure points. Leave the orthoses/shoe off for up to two or three hours. Wear again for up to one hour in the afternoon if comfortable. Remove shoes and socks and check for skin irritation or pressure points.

Day 2: Wear orthoses/shoes for up to two hours in the morning, if comfortable. Remove shoes and socks and check for any skin irritation or pressure points. Leave the orthoses/shoe off for up to two or three hours. Wear again for up to two hours in the afternoon if comfortable. Remove shoes and socks and check for skin irritation or pressure points.

Day 3: Wear orthoses/shoes for up to three hours in the morning, if comfortable. Remove shoes and socks and check for any skin irritation or pressure points. Leave the orthoses/shoe off for up to two or three hours. Wear again for up to three hours in the afternoon if comfortable. Remove shoes and socks and check for skin irritation or pressure points.

Day 4: If the orthoses/shoes have been comfortable, and no skin issues have been present during the initial three days, then the wearing time can be increased at your discretion. However, this may be further specified depending upon your diagnosis.