

Instructions on Orthotic Wear and Care

Wearing Schedule

1. Usual break-in period is about two weeks.
2. Wear orthotics for 3 hours per day for the first 3 days; gradually increase by 1 hour per day.
3. You may experience some minor discomfort from the orthotics during the break-in time

Orthotic Care

1. Remove orthotics from shoes at night to “air out”.
 2. Avoid exposure to water. If wet, air dry.
 3. If you notice any abnormal wear and tear, or you have any change in your foot structure, please contact us.
- Reminder - Remove the insole from your shoes prior to inserting orthotics.