



Community Foot Specialists

Orthotic Wearing Instructions

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1. You must gradually adapt to your devices, especially if you have never worn orthotics before. As a rule, wear them one hour the first day, two hours the second day, and increase the wearing time by one hour each day. Normal "break-in" time is from two weeks to two months. Generally, children adapt more rapidly than adults.

Please note: Mild foot, leg or back discomfort may initially occur when first wearing orthotics. This should decrease with every subsequent day. If pain occurs that was not previously present, wear your devices every other day, and increase wearing time by only ½ hour, until you no longer have pain. (Your doctor may deviate from these instructions according to your unique condition.)

2. A low heel shoe such as gym or tennis shoes should be worn for the first two weeks. After this, the orthotics may be worn in other shoes, providing the heel height does not exceed 1-1/2 inches, or your doctor has specifically prescribed devices for high heels.
3. "Squeaking" of the orthotics within the shoes may be eliminated simply by applying powder in the shoes, and applying wax or soap to the front edge of the orthotic. This will help to reduce friction.
4. Socks or stockings should be worn during the adjustment period to minimize any irritation.
5. Some slipping of the orthotic may occur within the shoe, particularly in women's shoes, but this will usually diminish in about six weeks. If the orthotic does not "seat" properly in the shoe, we recommend you try different shoes or shoe styles.
6. You may clean the surface of your orthotics with cool water and a mild soap, but do not immerse them in water. Also, never use hot water for cleaning your orthotics, as this may affect the material. Genuine leather orthotic devices may be cleaned with mink oil, saddle soap, or other leather cleaners.

Most importantly, follow your doctor's instructions completely. If you have further questions, call 937-426-9500.