



CUSTOM COMFORT

Congratulations! We are confident that you will love your new orthotics that have been custom designed and manufactured specifically for you. Your orthotic will allow your lower limbs to function more naturally and efficiently. This will result in decreased pain or the elimination of symptoms, allowing you to enjoy your activities of daily living and exercise more comfortably.

WEARING INSTRUCTIONS



Before placing your orthotics in shoes, it is important to take out all removable arch supports, rubber or felt additions or other inserts from the inside of the shoes.



We recommend wearing your new orthotics for one hour on the first day and doubling the wearing time each day thereafter.



If you experience minor aches that move between your legs, knees, hips or lower back, this is an indication that your custom orthotics are having a beneficial effect on the muscles involved with standing and walking. In the same way that your muscles may ache after a hard exercise session, the custom orthotics are stimulating your body to move in a new way, thereby training your body to move with a more natural balance.



If you experience any pain or discomfort related to your orthotics, remove them from your footwear immediately and contact your healthcare practitioner. An adjustment by the practitioner or laboratory may be required.



If your orthotics have a full-length topcover and they are bunching up at the end of your shoe, simply trim the material using regular kitchen scissors. If your shoe has a removable insole, use this as a guide for trimming the orthotic top cover.



Occasionally a new orthotic will squeak with every step. Simply place some talcum powder between the footbed of the shoe and the orthotic.



If you find that your orthotic is slipping forward, we first recommend removing the manufacturer's insole from your shoe. If that is not possible, wear the orthotics for a few days until they settle into the shoe. If the slippage continues, we suggest contacting your healthcare practitioner and ask to have a full-length topcover applied to the orthotic.

PROPER CARE

To clean your orthotics, use a damp cloth with mild soap and water to gently wipe them down. Allow the orthotics to dry naturally. Do not use direct heat such as a hair dryer or heating vent.

If your orthotics are exposed to a wet environment, remove them from your footwear and allow them to air dry.

You may also want to apply a small amount of talc powder on your orthotics to prevent or control odor.