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**Congratulations on your new custom made foot
Orthotics**

Your new Orthotics are molded in a manner consistent with your doctor's prescription regarding your gait cycle and foot type. Sometimes an Orthotic can create a different weight bearing feeling in your shoes. This is perfectly normal and any uncomfortable feeling that you encounter should disappear in time. Orthotics are corrective devices and your feet are simply adjusting to the realignment.

WEARING INSTRUCTIONS

1. Initially, you should be wearing your new Orthotics for approximately one hour the first day, two hours the second day, three hours the third day. etc.
NOTE: If you do not experience discomfort, continue to wear your Orthotics throughout the day. If any painful feelings arise, immediately remove the Orthotics from your shoes and try again the next day. If the problems continue to persist, stop wearing the Orthotics and call our office. **Your goal is to wear your Orthotics all day without any discomfort.**
2. Always wear socks or stockings to avoid and minimize irritation to the skin.
3. Certain shoes may not accommodate you new custom made Orthotics. You should consult with your physician about the type of shoes that are recommended for proper fit and function of your new Orthotics. Orthotics perform best with shoes acting as a stable platform. If your shoes are worn out then your foot and the Orthotic device will both roll abnormally. Actually creating premature wear of your Orthotic device.
4. On rare occasions your custom made Orthotics may make unusual noises such as "squeaks." This is the result of the Orthotics materials rubbing against your shoe material. We suggest that you try sprinkling talcum or baby powder into your shoes to reduce the friction between these two materials. After sprinkling powder, place your Orthotics back into your shoes.
5. Should your new custom made Orthotics start to wear or appear to be breaking down over time. DO NOT try to correct the problem yourself. This could potentially cause improper function and void any implied or extended guarantees. All adjustments to your Orthotics must be done by your practioner to insure the proper adjustments.
6. Any modifications made to your Orthotics within the first 30 days are free of charge.