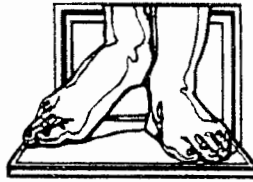


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ORTHOTIC BREAK-IN INSTRUCTIONS

The orthotics you were prescribed will be an important and valuable contribution to your foot health. While you may find that your major foot troubles are gone, in most instances an increase of 30 to 70 percent in foot function is considered excellent.

1. Since they are made over moulds of your feet, your orthotics must be considered as part of your feet when shoes are fitted. If you neglect this, you defeat the benefits you can obtain.
2. The orthotic functions best in a tie-up oxford style shoe with strong heel counter, although it will function satisfactorily in a loafer or higher heel style shoe.
3. The body must adjust to this new support. It is important that orthotics are NOT worn all day at first. We recommend a break-in schedule of wearing them for one hour of activity the first day. Add an hour of activity each additional day until you reach eight hours. You may then wear the orthotic full-time. If you play sports or run, do not use the orthotics for sports activity until 3 weeks after the break-in period is over.
4. Your orthotics may feel strange for several weeks. The heels of your shoes may feel as if they are slipping. You may develop tenderness of the ankle, knee, hip or lower back. If this happens, do not wear the orthotics for one or two days, until the tenderness subsides. Begin wearing the orthotics at a duration equal to two hours less than that of the day the discomfort began. Continue with the break-in period as described above.
5. The orthotic device is made of materials that should last a very long time. The top cover and heel posts (additions on the bottom of the orthotic) may need replacement sooner, depending on your activity level.

If you have questions regarding any phase of your treatment, please feel free to ask. The best medical service is based on a friendly, mutual understanding between the doctor and patient. And thank you for following these directions. Your feet will be very grateful!

Thank You !