

Custom molded insoles are specialized devices designed to correct and/or accommodate the functional needs of your feet. The following information is intended to aid in the use of your new insoles.

By improving the function of the foot, your insoles may change the function of the muscles within your foot and the muscles entering the foot from the leg. In addition, by altering the position of the foot, they also alter your posture.

Because of these changes in muscle function and leg position, it is important you break into your orthotics gradually. Follow the wear in schedule closely to allow your body to get used to the new insoles. You should not wear your orthoses while running or participating in other sports until after the first week and you are finding them comfortable for walking.

After your one-week break-in period you should wear your orthotics as long as you like for the next two weeks. If you can, wear them full time. If you must wear smaller dress shoes at work and this pair of orthoses will not fit into dress shoes then wear your orthoses with stable shoes to and from work and wear them after work. During this two week period you should wear your shoes and orthoses from the moment you get up until you go to bed.

It is normal for the orthoses to feel a bit odd at first. However, if at anytime during the break-in period you experience pain that lasts for more than a day in your ankles, knees, hips, or back you should stop wearing the orthoses and notify us so that we can plan adjustments for your follow up visit.

The plaster molds of your feet are yours to keep. If saved they allow your insoles to be reproduced exactly. OrthoMedics offers reproduction insoles made from existing molds at half price.



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8+
1 Hour	2 Hours	3 Hours	4 Hours	5 Hours	6 Hours	7 Hours	As Tolerated