

# WEARING YOUR CUSTOM ORTHOTICS

Your orthotics were prescribed by your doctor and personally designed to relieve your specific foot problem or meet your particular athletic need. It is important that you read and follow these specific instructions if you are to obtain the desired results from your orthotics.

1. Always place the orthotic into your shoe as far toward the back as possible. Make sure the correct orthotic is in the left and right shoe.
2. Wear your orthotics for only a couple of hours the first day and increase wearing by an hour or two each day. The break-in period may be easier and/or quicker for some people than others. Use your common sense and listen to your feet during this period.
3. Orthotics change the way you walk and the way your muscles work. You may start using muscles you have not used in a long time. Foot and leg muscle fatigue as well as discomfort can occur during the first two weeks.
4. If your orthotics squeak while walking, place a light layer of talcum powder in your shoe under the orthotic.
5. Discuss the different types of dress and sport shoes that are best for you with your doctor. Orthotics work better in certain styles of shoes than others.
6. Orthotics are designed to work best when wearing socks or stockings.
7. When purchasing new shoes, bring your orthotics. It may be necessary to remove or flatten the back of the existing insole of newly purchased sport shoes. Ask your doctor!
8. Never wash your orthotics in hot water or leave them in wet shoes.
9. If you have any questions about your treatment, please feel free to discuss them with us. Your problem cannot be corrected if the doctor remains unaware of it. Most difficulties can be corrected quickly and easily.
10. If your orthotics are uncomfortable after the break-in period, please discuss this with your doctor. If your orthotics pinch or cause blisters please stop wearing them and consult your doctor.
11. Your orthotics were custom constructed on a cast of your foot and slight variations from your foot appear in the cast.

**Blackmer**  
**FOOT &**  
**ANKLE**  
*Group*



## 319-0497

**MERIDIAN**  
Across from  
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**BOISE**  
Parkcenter  
Area  
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**NAMPA**  
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