
WEARING YOUR ORTHOTICS

Orthotics are designed to provide relief of the specific problem your doctor has identified. Mild aches or discomfort may occur in your feet, ankles, legs, hips, or back. These symptoms will gradually disappear as your body adjusts to your new orthotics.

- If symptoms persist after the initial break-in period, contact our office.
- Do not expose your orthotics to heat (dryer, heater, fireplace, etc.)
- Always wear socks/stockings with your orthotics.
- Place talcum powder in your shoe under your orthotic if your orthotics squeak while you walk.

ALWAYS bring your orthotics when purchasing shoes.

Using Your Orthotics:

- Place the right and left orthotic in the correct shoe. Make sure it fits securely in the heel. You may need to remove the insoles from your shoes before putting in the orthotics.
- Wear your orthotics for 1-2 hours the first two days.
- Add an hour each day until you can comfortably wear your orthotics all day. The break-in period may differ from person to person.
- If you experience great discomfort at any time, stop wearing your orthotics for 1-2 days. Resume wearing the orthotics 30 minutes a day and increase the time each day by adding an additional 30 minutes.

If you have any questions or concerns, don't hesitate to call our office at 505.880.1000 (NE) or 505.872.3333 (NW) and speak to one of our medical assistants.

*Don't worry if you lose this handout. It is on our website under Patient Area > Patient Instructions.

