



What is an Orthotic?

The orthotics that were dispensed to you were made from impressions taken of your feet. They are custom made to conform to the contours of your feet. Orthotics help straighten the alignment of your feet and legs, thus relieving symptoms of abnormal foot function.

An orthotic is a carefully structured device that fits into your shoe and controls your foot motions and weight distribution as you walk. The orthotic is constructed under the direction of a specialist and is custom made to meet your specific requirements.

Orthotics are the most advanced devices your doctor can prescribe for you. They are precision instruments and incorporate state of the art medical technology for fabrication techniques with the most modern materials available.

The following wearing instructions and general information will help you through your initial "adjustment period". Remember, your feet and legs, muscles and bones are going to be moving and functioning differently than before, and you may be aware of this in the early stages. This does occasionally happen. However, this situation is usually temporary and will disappear shortly or following a small adjustment to your orthotics. If you develop any new complaints, advise your doctor at once.

Orthotic Break-In

During the next few weeks, your body will gradually become accustomed to this new and proper alignment. Because everyone is different, the exact period of adjustment is difficult to determine, but it may take two to six weeks. During this adjustment period, you may experience mild discomfort in other parts of the body such as knees, hips or back. This discomfort should disappear as the orthotics enable the foot to realign, achieve the correct posture, and function more efficiently.

Generally, break in the orthotics gradually. Initially a good rule to follow would be to wear your orthotic devices until you begin feeling the normal "adjustment period discomfort". When this occurs, remove them from your shoes for a few hours. Different people adapt at different rates. Do not break in the orthotic too fast.

Slowly increase your wearing time each day for as long as you are comfortable. Everyone responds differently to their orthotics. Some can wear them initially for only 15 minutes at a time while others can wear them eight hours or more without any discomforts.

Sensations To Be Aware Of

Some of the sensations you may be aware of initially are:

1. A feeling of firmness or pressure in the heel;
2. Mild to moderate pressure or support in the arch;
3. Mild awareness of the outer borders and feel seats of the orthotics;
4. Mild pressure in the instep, particularly in high arched feet, which can be alleviated by loosening the laces of your shoes over the affected areas of your feet.

How Long Will My Orthotics Last?

These orthotics have a different guarantee against breakage. Abuse, prolonged exposure to the elements, loss or outgrowth of the orthotic devices is not covered. Abuse would include, but is not limited to, dropping or striking the orthotics, vigorous foot use of a shovel or ladder or leaving them in hot areas such as car trunks or dashboards, near some heaters, washers and dryers.

If you have any questions about the treatment, please feel free to discuss them with your doctor. Your problem cannot be corrected if the doctor remains unaware of it. Most difficulties can be corrected quickly and easily.

Although a suggestion or recommendation may be made by a member of the lab to a prescribing practitioner, this guarantee does not in any way carry with it any implied or expressed acceptance of responsibility for therapeutic results or wearer tolerance, both of which are exclusively in the domain and under the control of the prescribing practitioner.