



MICHIGAN FOOT AND ANKLE CENTER, PC

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Orthotic Break-In

Your orthotic device has been designed and built to help your specific foot condition. By using the impressions we made of your feet and our careful study of your foot condition, we've created a device custom-made for your feet.

However, your device is not a "cure all". Depending on your working conditions, shoe choices, number of hours on your feet and the specific foot condition, you probably will have some symptoms.

It has been our experience, however, that as long as you wear your orthotics in shoes that allow them to work:

- your symptoms should decrease
- you should be able to have longer periods of time without pain or discomfort
- you will eventually arrive at a stable condition, needing only occasional treatment and examination of your feet

Many patients have no difficulty wearing their orthotic devices. They feel comfortable from the first day. However, some patients feel tired or have a discomfort in their feet and legs. This is because their muscles must get used to the new, proper alignment of your feet and legs.

Therefore, our recommendation is to wear the orthotics for ONE HOUR ONLY the first day, and increase usage ONE HOUR PER DAY thereafter for 5 days, at which time you may begin wear them fully.

If you experience any problems:

1. Remove your orthotic from your shoe.
2. After one hour, put your orthotic back into your shoe.
3. If your orthotic becomes uncomfortable, remove it again.
4. Each time, you should be able to wear your orthotic a little longer. Follow this routine until you can wear it comfortably for the entire day.
5. NEVER FORCE YOURSELF TO WEAR YOUR ORTHOTIC DEVICE.
6. We may need to make minor adjustments to your device before it becomes completely comfortable.
7. Larger footgear (depending upon shoe style) may be necessary to accommodate your foot and orthotic.

If your orthotic device "squeaks" in your shoe, use foot powder to dust under the surfaces where the orthotic touches your shoes, or you may also use candle wax under the device as well.

Your foot may slip somewhat in the heel of the shoe until your orthotic becomes seated. Slipping will stop when it becomes seated.

If you have any questions or concerns about your treatment, please contact the **Michigan Foot and Ankle Center**.