

*M*ulticare Health Center

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ORTHOTIC INSTRUCTIONS

1. DO NOT wear your orthotics longer than the below recommended schedule.
2. Gradually break the orthotics in with your daily routine:

For example, our recommendation:
1-2 Hours on Day 1
2-4 Hours on Day 2
4-6 Hours on Day 3
6-8 Hours on Day 4
All day on Day 5
3. Use your best judgment- if your feet hurt or get tired remove orthotics and try the next day to wear them a little longer.
4. After one week wear the Orthotics as much as you can.
5. During the break- in period try and wear low- heeled shoes- at least the first 2 weeks.
6. Inspect the orthotics daily for any cracking, splitting or breakage. If you notice any damage, call the office for any appointment.
7. The orthotics are custom- made for your feet- DO NOT share your orthotics.