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## **GETTING THE MOST OUT OF YOUR FOOT ORTHOTICS**

The functional foot orthotics that you have received today are an important part of our doctors treatment plan for your foot or lower extremity biomechanical problem. The following is a list of facts and suggestions about foot orthotics that will allow you to receive maximum therapeutic benefits.

**Break-in Period:** For most people the best break-in period is to only wear the orthotics walking or standing for two hours the first day, four hours the second and six the third day. [For athletes (i.e. runners, basketball players, tennis players, etc) the break-in period for the orthotics should include only 30 minutes of athletic activity the first day, 45 minutes the second day and an hour the third day.] Once you have become accustomed to having the orthotics inside your shoes for up to six hours of waling or standing per day then you should be able to wear them all day long. Most people can wear orthotics all day long within one to two weeks of receiving them.

If during the break-in period you experience discomfort in your feet, legs, knees, hip or back then try not wearing them for a day and then, the following day, start back at the beginning of the normal break-in period (i.e. 2 hours the first day, 4 hours the second, etc.) Minor aches and pains during the break-in period are fairly common occurrences and only indicate that the orthotics are doing their job of changing the mechanics of your musculoskeletal system during standing and walking.

**Squeaking Orthotics:** New orthotics sometimes squeak in shoes.

The best way to eliminate squeaks is to put talcum or baby powder inside your shoes before you put the orthotics inside your shoes. Another way to eliminate squeaking is to rub candle wax on the outer edges of the orthotics before they are placed inside the shoes.

**Shoe Considerations:** Foot orthotics work much better at controlling abnormal foot motion when they are worn in shoes with relatively hard, non-compressible soles than when they are worn with soft, spongy soles. Our doctors may recommend certain styles of shoes for you to purchase so that the orthotics will work best at healing your injury.

The best shoes to prevent heel slippage are lace-up shoes such as walking shoes, running/jogging shoes, or high top shoes since they have the most depth. In addition, if the shoe has a removable insole, remove the insole and try the orthotic inside the shoe to see if this eliminates heel slippage.

Because foot orthotics will take up some room inside your shoes, you will expect the shoes to fit slightly differently with orthotics inside. You may want to go shopping for new shoes, with your orthotics, if all of your shoes feel too snug with your orthotics inside.



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