

Advanced Ankle and Foot

Dr. Scott C. Burdge, P.A.

Board Certified, American Board of Podiatric Surgery

Wearing Instructions: **It is recommended you refurbish your orthotics every one to two years.**

If you have not been wearing temporaries, do not expect to be comfortable wearing your orthotic devices the first time. Like eyeglasses, you may be aware of them, but as time passes they will not be uncomfortable and you will enjoy wearing them.

Please follow these instructions exactly. *There is no rush*. We cannot reserve in a few months what has taken years to acquire.

- Wear your orthotic devices for not more than 1 hour the first day, not more than 2 hours the second day, 3 hours the third day, and so on. You may wear them as little as 15 minutes.
- If at any time the orthotic device becomes frankly uncomfortable before the maximum time for that particular day, stop wearing them.
- On the next day, do not increase wearing time.
- Subsequently, increase wearing time by 15 to 30 minutes *only if comfortable*.
- In about two to three weeks you will probably be wearing your orthotic devices comfortably for about 8 hours or more. We will schedule a checkup appointment at this time.
- Some patients occasionally report mild ached or discomfort in other parts of the body such as knees, hips or back after three or four hours of consecutive wear. If this is the case with you, do not extend your wearing time. Instead, cut it back by an hour or two. In all likelihood, these symptoms will disappear as your entire body posture realigns itself and functions more efficiently.
- It is possible that your orthotic may require some small change or adjustment to improve their function or make them more comfortable. This is usually not done before two to six weeks have elapsed.
- In women's shoes, it is not unusual for the heel to slip off, particularly if they are step-in shoes. If this is the case, try other shoes or other styles. In most cases, this slipping reduces or disappears as your foot functions improves.
- Squeaking of orthotic devices in shoes is due to the normal movement of the devices. To eliminate squeaking, simply dust baby powder into your shoes before inserting the devices.
- It is important that you follow these instructions implicitly. Failure to do so will prolong the adjustment period or create problems which are easily avoided. It makes no difference if you are wearing your orthotic devices for only a few hours after several months, so long as you are wearing them comfortably for those few hours.

Please note:

If you have been wearing temporary orthotics, you have already gone through the breaking-in period, so it may not be necessary to follow the wearing instructions unless you experience discomfort. Please be aware that the orthotic may not fit in all of your shoe gear, therefore, take time to look for the right shoe that would give you the full benefit of this device.

