



## Essex-Union Podiatry LLP

*Dedicated to Foot and Ankle Health*

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### How to Wear and Care For Your New Custom Made Orthotics

#### Congratulations on your new custom made foot orthotics.

The doctors at Essex Union Podiatry, LLP have carefully prescribed your new orthotic devices for your foot type and function. Careful consideration has gone into the choice of device and any accommodations applied for the treatment of your particular foot complaint.

Our Lab manufactures your orthotics from the highest quality materials available. A 30 point quality assurance program is used to assure the highest quality standards in the industry.

Your new orthotics were molded using a non weight bearing neutral casting technique that captures the optimal position of your foot during the stance phase of the gait cycle. Sometimes an orthotic can create a different weight bearing feeling in your shoes. This is perfectly normal and any uncomfortable feeling that you encounter should disappear in time. Your feet are simply adjusting to the realignment resulting from your new orthotics.

#### Wearing Instructions

1. Initially you should be wearing your new orthotics for approximately one hour the first day, two hours the second day, three hours the third day, etc.  
**Note:** If you do not experience discomfort, continue to wear your orthotics throughout the day. If any painful feelings arise, immediately remove the orthotics from your shoes and try again the next day. If the problems continue to persist, or if blisters form stop wearing the orthotics and call our office. Your goal is to be wearing your orthotics all day without any discomfort.
2. Always wear socks or stockings to avoid and minimize irritation to the skin.
3. Certain shoes may not accommodate your new custom made orthotics. You should consult with the doctor about the type of shoes that are recommended for proper fit and function of your new orthotics
4. On rare occasions, your custom made orthotics may make unusual noises such as 'squeaks'. This is a result of the orthotic materials rubbing against your shoe material. We suggest that you try sprinkling talcum or baby powder into your shoes to reduce the friction between these two materials. After sprinkling the powder, place your orthotics back into your shoes.
5. Should your new custom made orthotics start to wear or appear to be breaking down over time, DO NOT try to correct the problem yourself. This could potentially cause improper function and void any implied or extended guarantees. All adjustments to your orthotics must be done by the doctor who will work closely with the Lab in completing the proper adjustments.

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