



David J. Soomekh, DPM

Board Certified, American Board of Foot and Ankle Surgery
Fellow, American College of Foot and Ankle Surgeons

*Excellence in Sports Medicine and
Reconstructive Foot and Ankle Surgery*

PH: 310.651.2366
Fax: 310.651.2360

450 North Roxbury Dr.
Suite 200
Beverly Hills, CA 90210

FootAnkleSpecialtyGroup.com

BREAKING-IN YOUR CUSTOM MOLDED ORTHOTICS

It usually takes approximately 1 week for you to become accustomed to wearing your orthotics. During this adjustment period, there may be some discomfort in the form of occasional and transient foot, leg, hip or back pain. To minimize discomfort, the following instructions will be helpful:

1. Wear your orthotics 2 hours the first day, 3 hours the second (see schedule below). Increase your time 2 hours each day. Measure time by the clock **DO NOT** attempt to increase your activity levels by being on your feet the entire time you are supposed to wear the orthotics. **SITTING COUNTS!!**

<u>DAY</u>	<u>TOTAL WEARING TIME</u>
1st	2 hours
2nd	3 hours
3rd	4 hours
4th	6 hours
5th	8 hours

Once you can wear the orthotic devices for 8 hours (in the same day comfortably), you can put them in your shoes full time.

NOTE: Children usually progress faster than adults. Do not be discouraged if your adjustment period is slower than the aforementioned schedule.

2. Wait until you are able to wear the orthotics comfortably prior to using them for sports. If your orthotics are full length, they are designed to completely replace the factory inner liner. If the orthotics are not full length, you may still need to remove the liner **ONLY** if it does not allow the orthotic to lie flat in the shoe, or if it crowds your foot.
3. If during the adjustment period, you experience any foot, leg, or back pain that lasts longer than 2 to 3 minutes, remove your orthotics and drop back to your previous day's wearing schedule. **DO NOT** go ahead with the next wearing period until you can wear the devices for the target time comfortably.

4. If during your adjustment period, you experience any foot, leg or back pain with regularity (during 3 or more wearing periods), discontinue wear and call me at your earliest convenience.
5. Wear your orthotics in several different pairs of shoes.
6. Your orthotics should be worn with socks or stockings, during the adjustment period, to minimize skin irritation.
7. If your orthotics squeak in your shoes, rub the bottom and edges with candle wax. Apply several times as needed and the squeak should stop. You can also try powdering your shoes with talcum powder, or you can wrap your orthotics in plastic wrap.
8. If your stockings are tearing due to orthotics, paint the edges of orthotics with colorless nail polish (2-3 times), or aging cover orthotics with plastic wrap.
9. If the covers of your orthotics are coming off, you can use glue cement (paint small amount of glue to the orthotic and the cover, let them air dry for about 5 minutes then glue them together).
10. Your orthotics may be cleaned with soap and lukewarm water, not hot water. Hot water will damage them. DO NOT soak your orthotics. Use a damp cloth with minimal soap.
11. You will also be receiving the plaster casts that the orthotics are made from. Please store them in a safe place, as they may be needed at a later time if you desire additional pairs of orthotics or if orthotics require adjustments.
12. Call us if you have any difficulties or questions about the use or care of your orthotics.

Call us as at: (310) 651-2366