



ORTHOTIC INSTRUCTIONS

It is imperative to break your orthotics in slowly. The orthotic is changing a lifetime of problematic walking habits. The following regimen is recommended:

- 1-2 hours the first day
- 2-3 hours the second day
- 3-4 hours the third day
- 4-5 hours the fourth day
- 5-6 hours the fifth day
- 6-7 hours the sixth day
- 7-8 hours the seventh day

No athletic activity the first week while wearing your orthotics. By the 6th to 7th day, you should be up to full time use in your orthotics. At this time, you may use them in athletic activity.

Orthotics may be used in any shoe they fit in. However, in a tennis shoe an inner sole or thin flat Dr. Scholl's liner can be placed over the orthotic to make them less noticeable in your shoes.

A re-check appointment should be made four weeks after receiving the orthotics to insure proper fit and to address any problems that may arise, as orthotics are only warranted for 90 days for an adjustment from the date manufactured.

If you have any questions, please contact our office at 303-422-6043. Ask for Diane or Matt.