

NORTHERN ILLINOIS FOOT & ANKLE SPECIALISTS
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ORTHOTIC BREAK-IN INSTRUCTIONS

You have just been fitted with your custom, functional orthotic devices. They are fabricated using the latest biomechanical concepts to promote normal foot alignment. Abnormal foot alignment causes abnormal function, leading to the development of numerous foot conditions.

There is a right and left orthotic, so be sure they are placed in the proper shoe. The underside is marked with the proper right or left designation.

Break in your orthotics gradually. It is normal to have some discomfort or achiness in your feet or legs because your tendons, ligaments and muscles are adjusting to the changes. Begin wearing your orthotics two hours per day for the first week. Increase the wearing time two hours each additional week until you are wearing them full time. It may take four to six weeks for your body to acclimate to these changes. It is recommended that you do not exercise in your orthotics until your body has fully adjusted.

- Week 1 – 2 hrs/day
- Week 2 – 4 hrs/day
- Week 3 – 6 hrs/day
- Week 4 – 8 hrs/day

A one month follow-up appointment will be scheduled, as the doctor wishes to monitor your progress with the orthotic treatment. Occasionally your orthotics may need to be adjusted, which can usually be done at your appointment.

Common Questions:

(Q) How do I clean my orthotics?

(A) Clean your orthotics with soap and cool water, DO NOT use warm or hot water, as this may distort the orthotic.

(Q) My orthotics squeak, what can I do?

(A) Sprinkle a little talcum powder in your shoes and rub the side of a candle around the edge of the orthotic.

For additional advice or concerns, please contact our office @ 847-639-5800