

## Orthotic Wear-In Instructions

These instructions are designed to help you adjust to your new orthotics comfortably and safely. Following this gradual wear-in process will reduce the risk of discomfort or injury and ensure the best long-term results.

### Gradual Wear-In Schedule:

- **Day 1–2:** Wear orthotics for **1 – 2 hours only**. Remove if you feel discomfort.
- **Day 3–4:** Increase wear to **3 – 4 hours per day**, as tolerated.
- **Day 5–7:** Increase to **5 – 6 hours per day**. You may begin wearing them for short outings.
- **Weeks 2–3:** Aim to wear orthotics for **the majority of the day**. Avoid high-impact activities until comfortable.
- **After Week 2:** If pain-free, you may **slowly** begin incorporating orthotics into sporting activities. Start with low-impact sports for short durations before progressing to running or high-impact exercise.
- **Week 4:** If still pain-free, you can use orthotics for **full sports participation**, including running and higher intensity sports.

### Care Instructions:

- Do **not** submerge orthotics in water.
- Wipe with a **damp cloth** or **antibacterial wipe** if needed.
- Avoid exposing orthotics to **direct heat sources** (e.g., heaters, dryers).
- If orthotics become wet, air-dry them naturally.
- Remove existing shoe insoles before inserting orthotics.
- Orthotics may be trimmed at the front if needed to fit narrow or pointed shoes (do not cut the rigid heel section).

### Precautions:

- **Mild discomfort** during the first week is normal as your body adjusts.
- Stop wearing the orthotics and contact your podiatrist if you experience:
  - Persistent pain
  - Redness or blistering
  - Callus formation
- If you have reduced sensation in your feet, check them daily.
- Orthotics should feel like they are “hugging” your arch — this is normal.