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## **New Custom Orthotic Break in Policy:**

### **INSTALLATION:**

Full Length Designs: Remove any existing sock liners or shoe inserts from your shoes. Some shoes have sock liners that are glued in. These may need to be removed to provide enough space for your new orthotics. If they are too large to fit into your shoes this may cause wrinkling of the top cover. The orthotics should lie flat on the bottom of the shoe with minimal "rocking". Place the orthotics in the shoes with the orthotics as far back into the heel cup as possible. When putting on the shoe, be sure the orthotic remains completely at the back of the heel counter. Once in the shoes, the orthotics should feel fairly natural to your feet. They should provide contact over the entire bottom of your feet. It is normal to feel the orthotics slightly more or differently in one foot than in the other for the first few weeks. Orthotics also have unique properties where you will feel different pressure points and may require additional break-in time in these areas, even if you have previously worn orthotics.

### **BREAK-IN:**

Your new orthotics will take some time to get used to. It is recommended that you wear them in only one pair of shoes during the break-in period. It is best to BREAK-IN ORTHOTICS with a new pair of shoes that have NOT been broken down or stretched out. Properly fitting footwear is essential for the orthotic to work correctly.

Start by wearing them for no more than two hours the first day, and increase wear time by one hour each day after that. It may take from three to four weeks before you can wear them comfortably all day. Avoid running or other intense activities with the orthotics until your feet have had an opportunity to adjust to the new foot posture and you can wear them 8 hours a day. For runners, it is possible that some irritation may also develop in the arch, usually just behind the big toe. If you feel a "hotness" developing in this area take the orthotics out before a blister is formed. Lubricating this area may be helpful until the skin becomes toughened up.

If you experience discomfort in your feet, ankles, knees or back while wearing your new orthotics, take them out of your shoes and reduce the wear time by one hour each day until the discomfort disappears. Resume the normal break-in procedure, increasing wear time by an hour per day. If after 3-4 weeks, you are still having difficulty adjusting to the orthotics, contact our office for instructions. Your orthotics may need to be adjusted. Do not attempt to adjust the orthotics yourself. Be patient, the results will be long lasting.