

NEW ORTHOTICS

- When you go to pick up your orthotics, please take 2-3 pairs of shoes that you wear regularly so the orthotics has a chance to fit them as best as possible to your shoes
- Please wean into your orthotics slowly, a few hours a day at first. Every few days try to wear them a little longer each time
- Orthotics work best when worn all the time. This means that they should be moved from your daytime shoes to your exercise shoes to your slippers at home. The only time you are standing barefoot is in the shower
- Orthotics may not fit all your pairs of shoes. If so, take your new orthotics with you when you go shoe shopping. Remember to remove the liner of the shoe before putting the orthotic in
- Often, the first time the orthotics are fit to you, they are not comfortable. Many times, patients have to return to the orthotist, the orthotic specialist, to get them refit. You do not need a new referral or authorization. Just call the orthotist to make an appointment to return to fit your orthotics better
- Orthotics can take 4 months of regular wear to start working. So do not be discouraged if after a few weeks your pain is not resolved. This is very common! Give them a little longer to work 😊