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ORTHOTIC BREAK-IN INSTRUCTIONS

Your new pair of orthotics will support your foot in the "neutral position." This position allows for controlled pronation (necessary for shock absorption) but prevents excessive flattening of arch and rolling of the heel which can lead to over-use injury.

The body must adjust to this new support. It is important that the orthotics are not worn all day for the first few days. We recommend the following break-in schedule.

Day 1: Wear your orthotics for one hour (including sitting time), then remove them from your shoes. DO NOT use orthotics for a sport activity until they are fully broken in.

Day 2: Wear the orthotics 2-3 hours.

Day 3: Wear the orthotics 4-5 hours.

Day 4: Continue to add one hour per day until you reach 8 hours. You may now use your orthotics full time. They may also be used for running, sports, etc.

If you develop ankle, knee or hip pain while breaking in the orthotics, remove them from your shoes immediately. DO NOT wear the orthotics for one or two days until the pain subsides. Begin wearing the orthotics at duration equal to one or two hours less than the amount of time you wore them on the day the pain began. Continue with the break-in as described above.

One Month: Follow up with Dr. Sherman for evaluation and possible adjustment of the orthotics. Our laboratory will make all the necessary adjustments at no charge to you for up to three months from the ship date. Be sure to follow up with us to avoid any problems with coverage on allowable adjustments.

The orthotics plates should last approximately 2-3 years. The tops and posts (additions on the bottom of the orthotics) may need replacement earlier, depending on your activity level. There would be a reasonable fee for these repairs, which is normally not covered by insurance plans.

If you have any questions or concerns, please do not hesitate to call the office. One of our friendly staff members will be more than happy to help you.