

WHAT TO DO ONCE YOU ARE CASTED FOR YOUR ORTHOTICS

1: WAIT FOR OUR CONTACT

Once your orthotics arrive, a member of our medical team will contact you directly to schedule your pickup and fitting appointment.

2: THE SHOES YOU PLAN TO WEAR

Please bring the exact pair of shoes you plan to wear most frequently with your personalized orthotics to your fitting appointment so our medical team can adjust them properly.

3: RECOMMENDED SHOE GUIDELINES

Removable Insoles: Choose shoes with factory insoles that can be completely removed before placing your personalized orthotics inside.

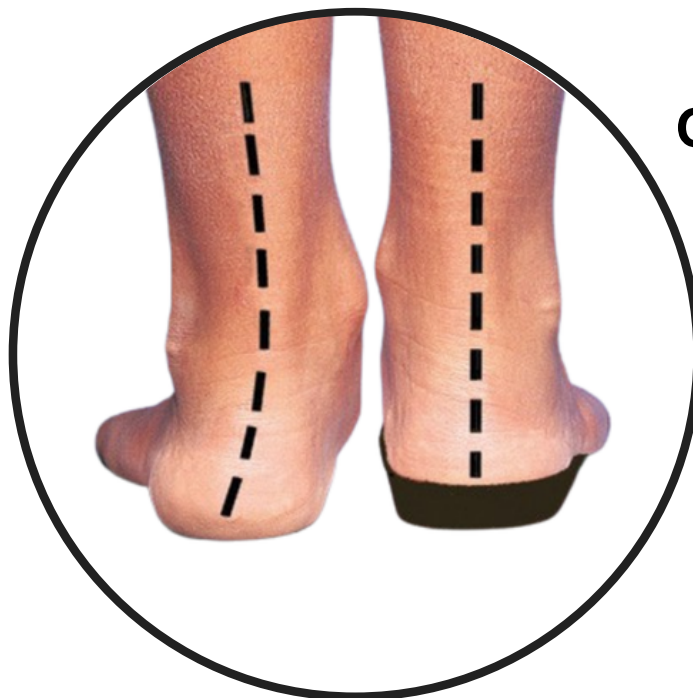
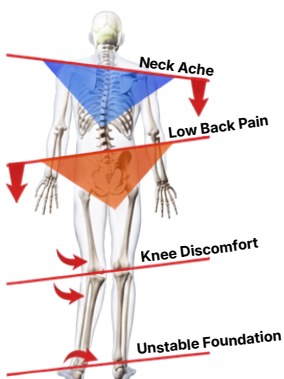
Sizing: We suggest selecting shoes $\frac{1}{2}$ size larger than your standard fit to allow adequate room and depth for your orthotics.

RECOMMENDED BRANDS: **BROOKS, SAUCONY, ASICS AND NEW BALANCE.**

4: ALTERNATIVE FOOTWEAR OPTION

If purchasing new shoes is not immediately feasible, bring supportive athletic or gym shoes that feature removable factory insoles.

BEFORE Unsupported



AFTER Custom Orthotics

