

CUSTOM ORTHOTIC CARE & BREAK-IN GUIDE

Welcome to better foot support! Your custom orthotics are tailored to realign your feet and relieve stress on your joints. Follow these steps to ensure maximum comfort and effectiveness.

Step 1: Proper Shoe Placement

- Place the left orthotic into your left shoe and the right orthotic into your right shoe, sliding them firmly against the back heel of the shoe.
- Remove any removable factory insoles from your shoes (especially athletic or running sneakers) before inserting your orthotics to avoid unnecessary crowding.

Step 2: Gradual Break-In Schedule

Give your feet and leg muscles time to adapt to proper biomechanical support:

Day	Recommended Wear Time
Day 1	1 Hour
Day 2	2 hours
Day 3	3 Hours
Days 4-7	Add 1 hour each day until reaching 8 hours
Day 8+	Wear all day across all supportive footwear

Step 3: Monitoring Comfort & Adjustments

- Mild muscle awareness in your arches or calves is normal during the first week.
- If you experience pinching, rubbing, or blisters, remove the devices and call the office. Just like eyeglasses or braces, the devices may need a minor adjustment from time to time.

Step 4: Follow-Up & Next Steps

Dr. Thimesch would like you to wear your orthotics for 2 to 3 weeks and then come back to let him know how they feel. If you need any further instruction or adjustments before then, please call the office.