

## **Orthotic Wearing Schedule**

Your new orthotics require special attention to the amount of TIME you wear them as well as the FEELING you feel before, during, and after. Your new orthotics have been custom-molded to a model of your foot and are only intended for you. They are designed to be dynamic, meaning they absorb and release energy as you walk. This is intended to enhance movement performance by aligning the bones of your feet and altering the forces that go through each individual foot. The expected results are reduced pain and improved function.

### **Time:**

Begin wearing your new orthotics only 15-20 minutes the first day you receive them. If no new pains or concerns are perceived, begin wearing them again in the morning of the next day for 30-45 minutes. The following day, add an additional 15-30 minutes of wearing time and continue this method for the next 2 weeks. After 2 weeks, wearing time should be up to 8 hours a day. If you experience a time delay in this wearing program due to pain or dysfunction, please contact your physician or therapist and reduce your wearing time to the last level of best comfort. Should the orthotic shell fatigue or break discontinue use and contact your therapist. At 2 weeks, if no new pains exist, you may begin to incorporate athletic activity into your wearing schedule based on your sport requirements. Adjust wearing time based on comfort and performance needs. Consult your Therapist for guidance.

### **Feel:**

Initially, A general "Ache" or "Tired" feeling in the foot and ankle is normal. It is normal to feel a "shin-splint" type pain or experience new muscle pains. These will go away after a brief sit, self-massage, and adjusting the wearing time. If these aches and pains do not go away or persist for more than a week, please contact your therapist and reduce your orthotic wearing time to the last level of comfort. The orthotic may need adjusting. This is normal. The inside of your shoe may feel lumpy, bumpy, hard, soft, or cushy, but should never feel sharp. Gradually increasing wear time will allow the tissues of your foot to adjust to the new environment inside your shoe. Eventually, you will gain confidence wearing them as you perform your daily activities or sport.



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