

Foot & Ankle Device Break-in Guide

It is important to wear your new orthotics or brace gradually over the next few weeks. You will be re-training muscles that you may not have used in a long time.

You might experience some foot, leg, hip, or back pain during this transition, even when wearing the device gradually. It usually takes 3-4 weeks to completely break in the device.

Recommended Break-in Schedule

	AM	PM
Day 1	½ Hour	½ Hour
Day 2	1 Hour	1 Hour
Day 3	1 ½ - 2 Hours	1 ½ - 2 Hours
Day 4	3 Hours	3 Hours
Day 5	4 Hours	4 Hours
Day 6	5 Hours	5 Hours
Day 7	6+ Hours	6+ Hours

*Continue to increase the wearing time following the same pattern above.

Custom Orthotics

- Remove the factory insole from your shoe.
- Best used with a fully enclosed shoe.

Custom Braces

- First put the brace into the shoe. Then put the shoe & the brace on together.
- Wear socks with your brace to avoid the brace rubbing against the skin.

How to Clean and Care for Your Device

To clean, use mild soap, warm water, and a cloth to wipe down the device until satisfied. Avoid using any strong detergent or completely submerging the device in water. If the device ever becomes completely soaked, let it air dry completely until the next use.

Warranty

Please contact our office for any device adjustments, warranty claims, or if you're experiencing any problems with your custom device.