

Custom foot orthoses are often used to treat a variety of foot conditions and pains such as pronation, plantar fasciitis, heel pain/spurs, metatarsalgia, arthritis, and more. An impression is obtained via foam box impression, plaster slipper cast, or a digital scan. The foot orthoses are then formed directly to a mold of your foot to provide a total contact orthosis designed specifically for your condition and walking pattern. The foot orthoses should only be worn by the person for whom it was prescribed and custom fabricated, and only according to physician's instructions.



### APPLICATION

1. Use in shoes that have backs/heel counters. Not for use in sandals or flip-flops.
2. Remove the insole that came with the shoe to allow room for both your foot and the orthosis inside.
3. Put the foot orthosis in the shoe and make sure the heel of the orthosis is well seated in the heel of your shoe.
4. Don shoes and secure laces/Velcro snug to ensure a good fit and reduce pistoning that may occur.

### BREAK-IN

It is important to gradually break-into wearing your foot orthosis to prevent overuse from aggravating your current symptoms.

On the first day, only wear the orthoses for up to 1 hour. Every day thereafter, add an hour to the wear time (ie Day 2, wear for 2 hours; Day 3, 3 hours; etc) until you can wear them comfortably all day. During this time, you may wear the orthoses more than once during the day, as long as there is a rest period in between. The typical break-in period lasts approximately 7-10 days, but will vary depending on your condition.

### CARE INSTRUCTIONS

Do NOT submerge your orthoses in water. If the top of the orthosis is covered in vinyl or a foam: Wipe with damp cloth and water or rubbing alcohol/alcohol wipes. If your orthosis has a leather cover: Clean with a leather cleaner and/or conditioner. Make sure your foot orthoses are completely dry before placing them back in your shoes for use.

**PLEASE CALL YOUR NEAREST WCBL REGARDING ANY QUESTIONS OR CONCERNS.**

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