



MULTICARE HEALTH CENTER

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ORTHOTIC INSTRUCTIONS

1. DO NOT wear your orthotic longer than the below recommended schedule.
2. Gradually break the orthotics in with your daily routine:

For example, our recommended:

1-2 hours on Day 1

2-4 hours on Day 2

4-6 hours on Day 3

6-8 hours on Day 4

All day on Day 5

3. Use your best judgment- if your feet hurt or get tired, remove orthotics and try the next day to wear them a little longer.
4. After one week wear the orthotics as much as you can.
5. During the break-in period try and wear low-heel shoes, at least the first 2 weeks.
6. Inspect the orthotics daily for any cracking, splitting or breakage. If you notice any damage, call the office for any appointment.
7. The orthotics are custom-made for your feet. DO NOT share your orthotics.