



# South Florida Institute of Sports Medicine™

Foot, Ankle & Leg Specialists of South Florida, Inc.

PODIATRY • ORTHOPEDICS • REHABILITATION

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Children's Foot, Ankle  
& Leg Deformities

Flat Feet in Adults  
& Children

Gait Disturbances

- In-toe
- Out-toe
- Toe Walkers

Fracture Care  
Foot, Ankle & Leg

Total Ankle & Big Toe  
Joint Replacements

Reconstructive Foot,  
Ankle & Leg Surgery

Sports Injuries

Heel & Arch Pain

Arthroscopic Foot &  
Ankle Surgery

Achilles Tendon  
Treatments

- Ruptures
- Tendonitis

Bunion Correction

Hammertoe Correction

Ligament Injuries  
Ankle & Lisfranc

Reconstructive  
Joint Surgery

Arthritis Surgery

Skin Surgery

Toenail Surgery

Diabetic Foot Care &  
Charcot Reconstruction

Nerve Injuries

- Neuromas
- Tarsal Tunnel
- Entrapments

## BREAK-IN INSTRUCTIONS FOR YOUR CUSTOM ORTHOTICS

Do not expect to be comfortable wearing your orthotic devices at first. Like contact lenses, a certain break-in period is required. There is no rush. We cannot quickly reverse a condition that has taken months or years to develop.

*Please follow these instructions:*

1. Wear your orthotic devices for not more than 1-2 hours the first day, not more than 2-3 hours the second day, 3-4 hours the third day and so on.
2. If at any time the orthotic devices become frankly uncomfortable before the maximum time for that particular day, STOP wearing them.
  - The next day, do not increase the wearing time.
  - The third day, increase the wearing time by 15-30 minutes (ONLY IF COMFORTABLE)
3. You should schedule an appointment to be seen about 4 weeks. At that time, you should be wearing your orthotic devices comfortably for 8 hours or more per day.
4. Some patients occasionally report mild aches or discomfort in other parts of the body such as arches, ankles, knees, hips or back, after 3 to 4 hours of consecutive wear, if this is the case, do not extend your wear time. Instead, cut back by an hour or two. In all likelihood, these symptoms will disappear in a short period of time as your entire body posture realigns itself and functions more efficiently.
5. It is possible that your orthotic devices may require some small changes or adjustments to improve their function or make them more comfortable. If you get irritations areas, stop and notify the office.
6. In some shoes, particularly slip-in shoes, it is not unusual for the heel to slip. If this is the case, either put a thin felt (moleskin) like pad in the heel area or try other shoes or styles. In most cases, this slipping reduces or disappears as your foot function improves.
7. To eliminate squeaking; simply dust baby or talcum powder into your shoes before inserting the orthotic devices.
8. It is important that you closely follow these instructions. Failure to do so will simply prolong the adjustment period or create problems which are otherwise easily avoidable.

*Disclaimer: This is meant as a guide and shall not be used as a substitute for proper medical care and/or explanation by you treating doctor. We have used all reasonable care in compiling the information, but make no warranty as to its accuracy in specific situations. If there are any questions, please feel free to contact us.*

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