



Alexandria Family Podiatry
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INSTRUCTIONS FOR BREAKING IN YOUR ORTHOTICS

Remove any arches presently in your shoes.

1st Day: Begin by wearing your orthoses for 2 hours.

2nd Day: Wear your orthoses for 4 hours.

3rd Day: Wear your orthoses for 6 hours.

4th Day: Wear your orthoses for 8 hours.

Gradually increase wearing time over 2 weeks until you are wearing them for a full day.

IMPORTANT: Please call the office before your scheduled 2-week follow-up if any areas of irritation are noted or you cannot tolerate the orthotics at all.

RECEIPT OF ORTHOTICS AND INSTRUCTIONS FOR WEAR

I acknowledge that I have received my orthotics and have been explained the break-in instructions for them.

Patient Name

Patient Signature

Date