



CUSTOM FOOT ORTHOTICS- WEAR & CARE INSTRUCTIONS

Thank you for choosing Fit Ortho Studio for your orthotic treatment. Please read the following instructions carefully and contact our office if you have any questions.

WEAR INSTRUCTIONS FOR FOOT ORTHOTICS:

- Take out the existing insoles from your shoes and slide in the new foot orthotic.
- Make sure the orthotic lies flat in the shoe.
- Replace tight fitting shoes with a larger and/or wider style.
- Wear foot orthotics for (1-2) hours on the first day. Afterwards, remove shoes and socks and inspect skin. The skin may be a pinkish colour from the support, but this colour should go away within 20 minutes.
- Gradually increase your wearing time by 1 hour at a time, every day. At the end of one week, you will be wearing foot orthotics for 8+ hours at a time.
- Inspect foot for areas where the skin can be irritated by the foot orthotic. If reaching or looking at bottom of the foot is difficult, use a long-handled mirror to check skin.

CARE OF YOUR ORTHOSES:

- Clean your orthotics by wiping them off with a damp cloth and dish soap if necessary. Do not immerse in water.
- Please take foot orthotics out of your shoes if you wash your shoes or if your shoes become quite wet.
- Inspect your foot orthotics periodically to see if coverings are wearing out or becoming unglued. Repairs can be completed conveniently at our clinic.

CONTACT INFORMATION:

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