

Break in Process, Care and Maintenance of Your Foot Orthosis (FO)

This applies to all functional, accommodative, and multidensity (diabetic) foot orthotics regardless of the materials. Follow the break in process below to allow a break in period for your foot to properly adjust to the FO. Custom foot orthosis help redistribute weight and pressure to the feet and reduces stress on the feet.

Break in Process:

- For better fitting of your custom foot orthotics, remove the original inserts that comes with the shoes before inserting in your new custom foot orthotics.
- Do not wear your foot orthotics all day on the 1st day of wearing your foot orthotics.
- **1st day:** Wear your foot orthotics for 60 minutes (1 hour) interval throughout the day, with 30 minutes interval of rest in between. When resting, check your feet for excessive pressure areas, redness, blisters and skin break down. When resting, you may put the original inserts that came with the shoes back into the shoes and wear the same shoes or simply wear a different pair of shoes for that duration.
 - **Continue the 60 minutes interval (1 hour) of wear time with 30 minutes interval of rest throughout the day.**
- With each day, increase the wear time by 60 minutes (1 hour) with 30 minutes of rest rotation until you can wear the foot orthotics for the whole day.
- **Example:**
 - 1st day: Wear 60 minutes interval (1 hour) interval throughout the day with 30 minutes of rest in between.
 - 2nd day: Wear 120 minutes interval (2 hours) interval throughout the day with 30 minutes of rest in between.
 - Continue this process until you can wear the foot inserts for the whole day.
- **Exceptions:**
 - Stop wearing your custom FO immediately and call our office if there is any signs of excessive pressure, blister, skin break down or other complications that may have been a result from wearing the FO.
 - If you are wearing your foot orthotics for exercising such as walking or jogging, before you can wear the foot orthotics for a full day, reduce your wear time by half.
- It is normal for your heel to slightly slip out of your shoes due to the custom foot orthotics maintaining arch position and the shoes not fitting properly. If this becomes a problem, please consult an Orthotist.
- Wearing only one foot orthotic may sometime cause the hip to be unlevel and create discomfort. Should you need to only to wear one foot orthotic, be sure to lift the contralateral side with a heel lift or shoe lift to even the hip.

Care and Maintenance of your foot orthosis.

Proper care and maintenance of foot orthotic increase the life, maintain proper functionality and reduces bacterial build up.

- At the end of the day, remove the foot orthotic from the shoe and air dry it.
- **(DO NOT WASH THE FOOT ORTHOTICS IN A WASHING MACHINE)** Clean your foot orthotic weekly by gently scrubbing the foot orthotics, top and bottom, with a soft brush or using your fingers with mild detergent soap. Wipe down the excess water and soap with a dry towel or cloth and air dry the foot orthotics. **(DO NOT DRY THEM IN A DRYER, HEATER OR BY THE FIREPLACE).**

Checking your skin

- Inspect all the skin that touches the FO. Look for red areas caused by pressure, blister, skin irritation or swelling. Check the bottom and the sides of the foot as well, for all the above.
- It is normal to have pressure mark and redness, but it should disappear within 20 to 30 minutes of rest (not wearing the FO) to be normal.
- If there are any excessive pressure areas, redness, skin irritation, skin break down and swelling that does not go away, stop wearing the FO and Immediately call our office for an assessment or consultation.
- Even after the break in period done successfully, continue to inspect your skin at all area that the FO comes into contact for potential signs of feet and skin problems.

Special Instruction

Please contact North Metro Orthotics and Prosthetics if you have any question on your Foot Orthotics.

**Coon Rapids Office 8:00am - 4:30pm M-F, Fridley Office 8:00am – 4:30pm M-F
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