

## ABOUT YOUR CUSTOM FOOT ORTHOTICS

### GENERAL SOURCES OF FOOT PAIN

The foot complex contains 26 bones, 33 joints, 107 ligaments, and 19 muscles. Misalignment can occur for many reasons; trauma, disease, the aging process, improperly fitting shoes, lack of exercise, or simply by spending long hours standing and walking on hard surfaces.

Foot pain begins when the foot's balance and natural support is gone. Corns, calluses, bunions, even hammertoes, can develop. Toe cramps, fallen arches, burning skin, and tender blisters result. Ankle, leg, knee, hip, even lower back pain, can result from improper foot alignment.

Custom molded foot orthotics will help support and re-align your feet, which will help absorb shock and reduce or even eliminate your foot pain. The orthotics support your arches, position the heel properly, cushion the ball of the foot, and improve posture and balance. Foot orthotics do not replace stretching and strengthening exercises or other forms of therapy.

### ORTHOTIC BENEFITS

Your orthotics were designed to align your feet in a biomechanically correct position which will help align your musculoskeletal system and reduce the physical stress on your body. This takes time and requires a breaking-in period.

### ORTHOTICS AND FOOTWEAR

Properly designed and fitted footwear is very important as orthotics require strong, supportive footwear; because a foot orthosis must be worn with a shoe, the foot, the orthosis and the shoe must be treated as a unit. Lace-up athletic-style

shoes with a removable insole work best. Orthotics can usually be adjusted to fit most shoes. One complimentary shoe stretching is included with each pair of foot orthotics provided if required to improve the fit.

### HOW LONG WILL IT TAKE TO GET USED TO MY NEW ORTHOTICS?

Remember that it may take up to two or three weeks for you to feel fully comfortable wearing your new orthotics. Some people are immediately comfortable wearing them while others may need more time to adjust. Generally the body does not adapt to change rapidly and you may experience mild aches or fatigue when you first begin to wear them; this will gradually disappear as you adjust to your orthotics.

Wear the orthotics as long as they are comfortable and if they bother your feet, please **remove** them, let your feet rest for an hour or two, and try wearing the orthotics again a few hours later. Increase the wearing time as they become more comfortable. During the first week of use, do not wear your orthotics while playing sports, during workouts, or other strenuous or physical activity. After approximately two weeks, you should be completely comfortable wearing orthotics for all activities. If you are not comfortable, please call our office for an adjustment appointment.

### ORTHOTIC ADJUSTMENTS

Adjustments to new orthotics are no charge for the first **three months**. Normal wear and tear is the responsibility of the owner.

### HOW DO I CARE FOR MY NEW ORTHOTICS?

You may want to remove your orthotics from your shoes at night to allow for evaporation of perspiration. They can be cleaned by wiping them with a damp cloth. Sprinkling them with baking soda or talcum powder will help absorb any odors. Please **do not** immerse the orthotics in water and do not subject them to heat sources such as a heater or fireplace.

### HOW LONG WILL MY ORTHOTICS LAST?

The life expectancy of foot orthotics is 2-5 years depending on the type of orthotic, maintenance, body weight, and activity level. The top cover is the friction point between your foot and the orthotic and these covers are subject to the most breakdown from pressure and perspiration. These will need to be replaced periodically. The life of the top cover depends on your body chemistry and activity level.

### WHAT IF I CAN'T GET USED TO MY ORTHOTICS?

Occasionally people find it difficult to adjust to their foot orthotics. If you continue to have any problems after the breaking-in period, please contact our office for an appointment for an adjustment. **The cost of your foot orthotics includes a three-month period of follow-up care.**

### QUALITY & WARRANTY

Once the warranty period has expired, you will be responsible for any costs associated with orthotic adjustments and/or repairs. Unnecessary roughness, damage caused by external sources such as heat, cold, impact, or excessive abrasion not associated with normal wear and tear, will void the warranty. We warranty all of our custom molded foot orthotics (**excluding top cover**) for any defects in **materials** or **workmanship** for one year after date of purchase.

**Custom molded foot orthotics are biomechanical devices that have been specifically designed for your feet. It is almost impossible to guarantee the therapeutic effect; however, we do guarantee our commitment to working with you to achieve the best results possible. The cost of your foot orthotics includes a three-month period of follow-up care.**