

## QUALITY & 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.

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.

**Custom molded foot orthotics are biomechanical devices that have been specifically designed for your feet.**

**The therapeutic effect may vary from individual to individual. We guarantee our commitment to working with you to achieve the best possible results.**

**Custom foot orthotics include a three-month period of follow-up care.**

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Parksville

## ABOUT YOUR **B.D. MITCHELL** FOOT ORTHOTICS



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PROSTHETIC & ORTHOTIC  
SERVICES LTD



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# ABOUT YOUR *BDM* 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, or simply by spending long hours standing and walking on hard surfaces.

Foot pain begins when the foot's balance and natural support is compromised. Mechanical stress may cause corns, calluses, bunions and hammertoes. Ankle, leg, knee, hip, even lower back pain can also result from improper foot alignment.

## ORTHOTIC BENEFITS

*BDM* 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. *BDM* orthotics support your arches, position the heels properly, cushion the balls of the feet, and improves posture and balance. Orthotic treatment outcomes can improve with stretching and strengthening exercises or other forms of therapy.

Your *BDM* orthotics may be designed to **accommodate** a foot deformity due to arthritis or injury. Your orthotics may also be designed to **correct** or reduce the misalignment of your feet to reduce the physical stress on your body.

## ORTHOTICS AND FOOTWEAR

Foot orthotics must be worn within some form of footwear. Footwear must fit properly and provide adequate support in order to achieve the greatest benefit from the foot orthotics. Your clinician can guide you with determining what style and fit of footwear to achieve best performance.

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

It may take up to two weeks for you to feel fully comfortable wearing your new *BDM* 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 your feet adjust to their new posture.

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 then try wearing the orthotics again. Increase the wearing time as they become more comfortable. During the first week of use, monitor your feet while playing sports, during workouts, or other strenuous or physical activity. Have an alternative insert for your footwear if rubbing or soreness arise. After approximately two weeks, you should be comfortable wearing orthotics for all activities. If you are not comfortable, please call our office for an adjustment appointment.

## ORTHOTIC ADJUSTMENTS

The comfort and function of your new *BDM* orthotics can often not be assessed until after several weeks of wearing. Fine tuning and minor adjustments are often necessary to achieve optimal comfort and reduction of symptoms. Several follow up visits may be necessary if gradual correction or off-loading is required. **The fee for your foot orthotics includes a three-month period of follow-up care.**

## HOW DO I CARE FOR MY NEW ORTHOTICS?

Removing your orthotics from your shoes at night will allow for evaporation of perspiration. Your orthotics 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, body weight, and activity level. The top cover is the friction point between your foot and the orthotic and is subject to the most breakdown from pressure and perspiration. These will need to be replaced periodically.

## FOR ADDITIONAL INFORMATION

**See facility brochure and website to learn more about our qualified care & specialized fabrication.**