

Kristina Kovach, DPM, FACFAS  
Jennifer Bell, DPM, AACFAS  
The Foot & Ankle Clinic, LLC.  
15644 Madison Ave #213  
Lakewood, Ohio 44107

### **Orthotic Break-In Instructions**

Your new pair of orthotics will support your foot in the “NEUTRAL POSITION.” This position allows for controlled pronation (necessary for shock absorption) but prevents excessive flattening of the arch and rolling of the heel which can lead to over-use injury.

The body must adjust to this new support. It is important that the orthotics are NOT worn all day at first. We recommend the following break-in schedule:

- DAY 1:       Wear the orthotics for 1-3 hours, then remove from your shoes. DO NOT use the orthotics for a sports activity until they are fully broken in.
- DAY 2:       Wear the orthotics for 3 – 5 hours.
- DAY 3:       Wear the orthotics for 5 – 8 hours.
- DAY 4:       You may now wear the orthotics fulltime, if comfortable. If orthotics are not comfortable, continue to gradually get used to them as described below.

If you develop ankle, knee or hip pain while breaking in the orthotics, remove them from your shoes immediately. Do not wear orthotics for 1-2 days until the pain subsides. You may take an anti-inflammatory if necessary. Begin wearing the orthotics at a duration equal to 1 or 2 hours less than the amount of time that you wore them on the day the pain began. Continue with the break-in as described above.

If you have any questions or concerns regarding your new orthotics please call our office at 216-227-2194.

Thank you,

The Foot & Ankle Clinic, LLC.