



Foot Orthosis/Ucbl Use & Care Instructions

How to Use Your Foot Orthosis (Insert)

- Wear the foot orthosis (insert) in a lace-up type shoe that is large enough for both your foot and the insert to fit comfortably. If you have any questions about your shoe, ask your Orthotist.
- Begin wearing your insert for **2-3** hours at a time, then take it off and rest your foot for an hour. Alternate wearing the foot orthosis and resting your foot for the first few days. Allow your foot to get used to the insert gradually.
- **Slowly** increase your wearing time throughout the next several days. Muscle ache or foot fatigue is normal within the first 2 weeks.
- **Do not** use your inserts for competitive sports for the first two weeks.
- Check your foot for red pressure areas when you remove your shoe. If reddened area that does not fade after 1 hour then please call the Orthotics department (312) 227-6210.
- Use mild soap and water to wipe the orthosis **daily**. Rubbing alcohol can also be used to remove any bacteria.
- It is important to follow-up with your Orthotist as recommended.

Special Instructions (If Applicable):
