



# Custom Foot Orthotics (FOs)

## Use and Care Instructions

### STARTING OUT

- Wear the custom inserts in a lace-up type shoe that is large enough for both your foot and the insert to fit comfortably. Remove the manufacturer's insole to allow your FOs to fit in shoe properly. If you have any questions about your shoe, ask your orthotist.
- Unless the doctor or orthotist has instructed otherwise, 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 the redness does not fade after 1 hour or if you develop rawness or blisters then please call the Department of Orthotics/Prosthetics at (312) 227-6210 for an adjustment.

### CARE OF YOUR SHOE INSERT

- Gently wipe the surface of the custom inserts with an alcohol swab, if needed.
- Excess moisture may damage the inserts. Please remove them from your shoes nightly to prevent odor and allow drying.

### FOLLOW-UP

- With normal use and growth, we expect the custom inserts to last until your shoe size goes up **TWO** sizes (i.e. From 5 to 7).
- Regular scheduled follow-ups with your orthotist are important to check alignment, fit and function of the custom inserts.

If the custom insert needs adjustment or repair, please call to schedule an adjustment at (312) 227-6210 and specify which location you would prefer to be seen at.