



### Orthotic Breaking in Instructions:

1. Please break in orthotics 2 hours per day until you reach 8 hours per day.
2. Remove inner sole of sneakers as directed.
3. If orthotic is cut too long, cut to size of inner sole.
4. Please check foot for blisters or red marks.

**\*If they occur, decrease time wearing the orthotics.\***

5. Apply powder to shoe gear and orthotics daily.
6. Continue with your stretches three times per day.

**Any complications please call the office ASAP!**

### Other Important Information:

If adjustments need to be made on the orthotics:

First 6 months = FREE

After 6 months = REPAIR FEE