



**Foot & Ankle**  
**PARTNERS OF EL PASO**  
*Dedicated Care*

## **Orthotic Break In Instructions**

### **Break In Period**

The physicians of Foot & Ankle Partners of El Paso recommend wearing your new orthotics for one to two hours on the first day and gradually increase the daily wear time in one-hour increments until you can wear them all day. If your physician or physician's assistant provides different instructions based on your individual needs, follow their specific instructions.

**Avoid excessive initial use of your orthotics as you may experience isolated muscle cramps or joint pain anywhere from the tips of your toes to your hips.**

### **Proper Shoes**

Be sure your shoes are up to the task of maximizing the benefit you'll experience from your orthotics.

### **Your shoes should:**

- Have removable insoles if inserting a full-length orthotic
  - **You should take the insoles out of your shoes before inserting the full-length custom orthotic**
- Be snug, but not tight, around the sides and top of your foot
- Be free of excessive wear, particularly in the heel

Your custom-made orthotics are crafted with proprietary materials that are thin enough to fit in most of your favorite shoes.

If you have questions or concerns about your orthotics, call our office at 918-494-2902 to schedule a follow up visit with your physician.