

Custom Device Break-In Instructions

Custom Orthotics



- Remove the factory insole from your shoe.
- Best used with a fully enclosed shoe.

Custom Braces



- First put the brace into the shoe. Then put the shoe & the brace on together.
- Wear socks with your brace to avoid the brace rubbing against the skin.

It is very important to wear your new orthotics gradually over the next few weeks. You will be re-training muscles that you may not have used in a long time.

You might experience some foot, leg, hip or back pain during this transition, even when wearing the device gradually. It usually takes 3-4 weeks to completely break in the device.

Recommended Break in Schedule

| | AM | PM |
|-------|--------------|--------------|
| Day 1 | ½ Hour | ½ Hour |
| Day 2 | 1 Hour | 1 Hour |
| Day 3 | 1½ - 2 Hours | 1½ - 2 Hours |
| Day 4 | 3 Hours | 3 Hours |
| Day 5 | 4 Hours | 4 Hours |
| Day 6 | 5 Hours | 5 Hours |
| Day 7 | 6+ Hours | 6+ Hours |

Continue to increase the wearing time following the same pattern above.

