

- Orthotics for women's dress shoes will function in tennis shoes, flats, and pumps to 1 1/2 inch heel height.
- Men's dress orthotics will function in most shoe styles, however, lace shoes with a firm heel are probably best.
- Men's and women's sport orthotics function best in running, aerobic, or other athletic shoes. If the shoe has a removable inner sole, it may be taken out and substituted with the orthotic.
- Some light weight sport orthotics may be used in both athletic and dress shoes.
- If you are wearing orthotics for the first time they may require a short break-in period. You can wear your orthotics up to four hours the first day. Thereafter, wear your orthotics as long as you can without discomfort. If you experience discomfort, remove your orthotics and wait either a few hours or until the following day before using again. Within one week you should be able to wear your orthotics all day.
- A feeling similar to walking on a ball or lump may be present initially, however, this will disappear as your feet adjust to the orthotics.
- In some instances, the break-in period may be associated with discomfort in your feet, ankles, knees, hips, or back. These will also disappear as you adjust to your orthotics.
- If discomfort continues after two weeks you should notify the office.
- If your orthotics squeak, powder may be helpful in alleviating the problem.
- When purchasing new shoes be sure to try them on with your orthotics to ensure proper fit.
- You do not have to wear your orthotics at all times, however, not using them may result in reoccurrence of symptoms. Therefore, we recommend you wear your orthotics as much as possible.
- The orthotics should be evaluated yearly for wear.