



## KINEX PODIATRY

### ORTHOTIC USE AND BREAK-IN INSTRUCTIONS

#### INSTALLATION:

- Remove any existing sock liners or shoe inserts from your shoes. Some shoes have sock liners that are glued in. These may need to be removed to provide enough space for your new orthotics, but if you can't then just loosen the laces.
- If they are too large to fit into your shoes, take the sock liners from your shoes and, after lining up the heels, carefully trace the toe box shape with a pen and trim your orthotics with scissors. Be careful not to cut too much off.
- The orthotics should lie flat at the bottom of your shoe with minimal "rocking". Place the orthotics in the shoes with the orthotics as far back into the heel cup as possible. The orthotic should sit completely to the back of the heel counter.
- It is normal to feel the orthotics slightly more or differently in one foot than the other, for the first few weeks. Give your feet time to adjust. Orthotics also have unique properties where you will feel different pressure points and may require additional break-in time in these areas, even if you have previously worn orthotics.

#### BREAK-IN:

- Your new orthotics will take some time to get used to. It is recommended that you wear them in only one pair of shoes during the break-in period.
- Properly fitting footwear is essential for the orthotic to work correctly. Start by wearing them for two hours the first day, then four hours the next, and add on two hours each day until you can wear them twelve hours consistently. It may take about 2-4 weeks before you can wear them comfortably all day.
- Avoid running or other intense activities with the orthotics until your feet have had an opportunity to adjust to the new foot.
  - For runners, it is possible that some irritation may also develop in the arch, usually just behind the big toe. If you feel a "hotness" developing in this area take the orthotics out before a blister is formed. Lubricating this area may be helpful until the skin becomes toughened up.
- If you experience discomfort in your feet, ankles, knees or back while wearing your new orthotics, take them out of your shoes and reduce the wear time by one hour each day until the discomfort disappears.
- If after 3-4 weeks, you are still having difficulty adjusting to the orthotics, contact our office at 972.709.7556. Your orthotics may need to be adjusted. Please do not attempt to adjust the orthotics yourself.