



Foot Orthoses Instructions

You have just received your *new Arch Supports aka Orthotics*.

When you begin using your *Orthotics* they may feel strange or even uncomfortable. This is normal. Follow the “*break-in*” procedure described below.



Appropriate footwear is essential to the success of your *new Arch Supports*. Achilles recommends the use of a brand name leather walking shoe, such as Nike, New Balance, Reebok, Rockport, S.A.S., etc. with your orthotics. A shoe with a removable insole is also beneficial.

If the *Arch Supports* are uncomfortable remove them from your shoes. An “*IN for a while and OUT for a while*” while increasing time worn each day as tolerated routine for 3-4 weeks will most likely alleviate the discomfort. Sometimes it will take a little longer.



DO NOT wear your *Orthotics* during any sport/athletic activity until the “*break-in*” period is completed. Please resist the temptation to overly accelerate the “*break-in*” period because your *Orthotics* “feel sooo good!” Too much too soon can cause other foot problems.

If discomfort persists beyond 30 days call for an appointment to have your *Arch Supports* evaluated and possibly adjusted.



HOW TO CLEAN YOUR ARCH SUPPORTS

Use a soft bristle brush and a mild soap. Rinse with clean water and pat dry with a towel. Do not put your *Arch Supports* in the washing machine, dryer or dishwasher. Do not attempt to dry your supports in any type of oven, use a hair dryer or place near a heater as this can damage them.

KEEP YOUR PLASTER FOOT MOLDS!!!

Your plaster foot molds still have a lot of moisture in them. Wrap each mold individually with newspaper. Put them in a shoe box or paper bag & place in your closet for storage. This will help dry out the molds & protect them from damage for future use.