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### **PRE-FABRICATED ORTHOTICS**

- Wear your orthoses for a half day during the first week, alternate between a full day and a half day during the second week, and during the third week orthoses should be worn full time. The break-in period may be faster for some people while slower for others. Do not exercise in orthotic until you are comfortable wearing orthoses full time.
- Orthoses change the way you walk and the way your muscles work. You may start using muscles you have not used in a long time. Foot and leg muscle fatigue as well as minor discomfort is possible during the first two weeks.
- Orthoses will work best in certain styles and types of shoes. Lace-type, enclosed, lower heeled shoes with proper support are recommended. Initially, it is most important to find shoes which fit the orthoses, rather than modifying the orthoses to fit in specific shoes. Once your symptoms been eliminated or minimized, then other types of shoes can be utilized.
- Whenever possible remove the insoles that come with the shoes before placing the orthotic device in the shoe.
- Always place the orthotic device into your shoe as far toward the back as possible. Make sure the proper orthosis is placed in the left and right shoe.
- Orthoses are designed to work best when wearing socks or stockings.
- If your orthoses squeak while walking, place a light layer of talcum powder in your shoe under the orthoses.
- When purchasing new shoes, bring your orthoses along for proper fitting.
- Wash your orthoses in cold water (NOT hot water) with mild soap, then let them air dry.
- DO NOT leave them in your shoes when your shoes are wet.
- Follow up evaluation is necessary if new symptoms develop or if the original symptoms continue. Report any areas of discomfort or areas of irritation to your treating doctor. Do not continue to wear your devices if they are causing pain, numbness, or creating blister formation.