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Your Custom Foot Orthosis:

It is time for your feet to start feeling great! But it takes a while for your feet to get used to the new foot orthoses.

Wear your foot orthoses no more than 2 hours the first day and then add an hour daily until you can wear them all day.

Do not wear the foot orthoses for sports activity until you have completed your wear-in schedule.

THE RIGHT SHOES...

The shoes you wear with your foot orthosis can make all the difference. Make sure they fit properly and not too snug.

CARING FOR THEM...

Clean your foot orthoses with mild soap using a damp soft cloth. Please do not immerse them in water or expose to extremely high temperatures (i.e. washer and dryer). Take good care of your foot orthoses.

These instructions have been explained to me and I have been given a written copy of them to take home.

Patient Signature: _____ Date: _____

Please contact us if you have any questions

UNC Hospital Office: 919-966-4630

UNCH Prosthetics/Timberhill Pl. Office: 919-945-0215