



# Custom Foot Orthotics



ALCAM MEDICAL O&P  
FEEL BETTER - LIVE BETTER

Custom Foot orthotics are always worn in shoes that have laces or velcro in order to hold them on your feet.

Custom Foot orthotics may be switched to different pairs of shoes that have laces or velcro.

Shoes and custom foot orthotics are worn when you are up and out of bed.

Shoes and custom foot orthotics are always worn with stockings or seamless socks.

Always follow specific instructions given by your doctor and practitioner.

## What does it do?

Depending on your condition the inserts may be designed to:

- Provide necessary support for your feet.
- Offer relief from pain.
- Redistribute pressures.
- Correct mal-alignment of your feet.
- Provide correct balance of pressures on your feet.

## Wearing and Break-in Schedule

Completely remove your stockings/socks and shoes, and examine and check your feet and legs after wearing your shoes and custom foot orthotics **each and every time!** Using a mirror may be helpful if you have difficulty seeing any areas on your foot or leg. Any areas of pink should fade away after 10-15 minutes. If marks do not disappear after 10-15 minutes, or if you observe deep red marks, blisters, or bruises, contact your practitioner immediately. If you have any questions or concerns **do not** wear the shoes and custom foot orthotics until you follow up with your practitioner.

Use the following schedule as a “break-in” schedule to allow your feet time to adapt to the new pressures and demands of your new inserts.

Day 1 – Wear shoes & inserts for 1 hr.    Day 5 – Wear shoes & inserts for 5 hrs.    Day 9 – Wear shoes & inserts for 9 hrs.  
Day 2 – Wear shoes & inserts for 2 hrs.    Day 6 – Wear shoes & inserts for 6 hrs.    \*\* Continue to add 1 hour each day  
Day 3 – Wear shoes & inserts for 3 hrs.    Day 7 – Wear shoes & inserts for 7 hrs.    until full wear is achieved. This usually  
Day 4 – Wear shoes & inserts for 4 hrs.    Day 8 – Wear shoes & inserts for 8 hrs.    takes at least 2 weeks

## Precautions

Prior to wearing your shoes and custom foot orthotics, it is important to check the following things:

- Make sure the shoes and custom foot orthotics are clean and dry.
  - Make sure there are no cracks, rough edges, or worn areas on the shoes or custom foot orthotics.
  - Make sure there are no foreign objects in the shoe and the custom foot orthotic is inserted properly.
  - Make sure your skin is clean and dry.
  - Examine the skin on your feet and legs and look for abnormal redness, blisters or sores **after each and every time** you wear them. Pay particular attention to the areas between your toes and the sole of your foot. Using a mirror may be helpful if you have difficulty seeing any areas on your foot or leg.
  - Shoes and custom foot orthotics are designed to always be worn with stockings or seamless socks.
  - Clean your custom foot orthotics with mild soap and water. Gently scrub with a white terry cloth. Rinse with warm water and pat dry. **Do not** put near any heat or put in dryer! Allow to sit overnight and air dry.
  - Alcohol pads or hand sanitizer can also be used to wipe down the top cover of the custom foot orthotics.
- \*\* If you find any areas of concern or have questions, **contact your practitioner before wearing**.

## How to apply your shoes & inserts.

Apply a clean and dry stocking or sock. Make sure the heel of the stocking or sock is over the heel of your foot and is wrinkle free. Insert your feet into the shoes on top of the custom foot orthotics. Fasten the shoes comfortably. **Do not overtighten** the straps or laces.