Dr. Scott Peters
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Care & Maintenance For Your
New Custom Medical Orthotics

Break-In Instructions

Your new orthotics have been prescribed by your medical practitioner to accommodate your particular foot conditions. These orthotics have been custom crafted for **YOUR FEET ONLY.** The muscles in your feet and legs will need to adjust to the support provided by your new orthotics. We suggest the following break-in schedule.

It's important to wear your orthotics gradually over the next few weeks. Possible foot, leg, hip or back discomfort during this transition time is common. It usually takes 3-4 weeks to completely break in the device.

Recommended Break-in Schedule

	AM	PM
Day 1	½ Hour	½ Hour
Day 2	1 Hour	1 Hour
Day 3	1 ½ - 2 Hours	1 ½ -2 Hours
Day 4	3 Hours	3 Hours
Day 5	4 Hours	4 Hours
Day 6	5 Hours	5 Hours
Day 7	6+ Hours	6+ Hours

Continue to increase the wearing time following the same pattern above.

If you're still experiencing difficulties after this time contact us to make any necessary adjustments to your orthotics. Every effort will be made to make sure that your orthotics fit comfortably.

How to clean and care for your Custom Orthotics

To clean, use mild soap, warm water, and a cloth to wipe down the device until satisfied. Avoid using any strong detergent or completely submerging the orthotic in water. If your custom orthotics ever become completely soaked, let them air dry until the next use. If your feet perspire heavily your orthotics will require more frequent cleaning. If you have ulcers or draining sores, be sure to use an antibacterial soap when cleaning and always wear clean socks.

READ THIS BEFORE CUTTING!!

Trace your removable shoe insole on the bottom of your custom orthotics and then cut for a custom fit in your shoe. Your new orthotics will work best in your shoes without the shoe insole.

I have read and agreed to the above instructions.
Patient's Printed Name: _____

Dr. Scott Peters

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Patient's Signature: _____ Date: _____