



Custom Braces & Orthotics
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(Registered Vendor for Orthotic Devices, ADP, Ministry of Health, ON)

INSTRUCTIONS FOR USE AND CARE- CUSTOM MADE FOOT ORTHOSES

Please remember that these instructions are for general information only. [Contact](#) your Certified Orthotist for information that is specific to you.

Wearing schedule:

- 1) Start wearing the Foot Orthoses (FOs) for 30-60 minutes on the first day. Please avoid using it until your feet get a general feeling or tiredness. One foot will be better soon and the other foot will take few days as body is getting adjusted. Gradually increase your wearing time daily as is comfortable, over the next 2 weeks

Most Important: DO NOT persevere. If you have pain, you may have worn the FOs too long, or they may need adjustments.

- 2) DO NOT exercise with the FOs within the 1-week break-in period.
- 3) Watch for red marks on your feet. If red marks persist longer than half an hour after removal of the orthosis, call your Orthotist for an adjustment appointment. The foot orthoses are easy to adjust as necessary for your comfort. Most of the times we will adjust while you wait in the clinic.

Care and Maintenance:

- 1) Foot orthotics may be thoroughly wiped with a damp cloth. and dry with a clean dry towel.
- 2) DO NOT immerse in water, or use HOT water. Anything too hot for your hand is too hot for the Foot Orthotics
- 3) DO NOT place near any heat source like hot air vent, hair dryer etc.
- 4) Check the Foot Orthoses regularly for wear and tear. Call your Orthotist immediately for an appointment (905-755-0808) or email: info@orthocan.com
- 5) We recommend annual check up visits.

If the orthosis is in need of repair/adjustments, DO NOT ATTEMPT HOME REPAIRS.
We are happy to assist you!