



# Custom Orthotics

Your health care practitioner has prescribed biomechanical medical devices for you called custom foot orthotics. These orthotics have been custom designed for you based upon the degree of biomechanical control you require, your activity level, your physical status and the type of footwear in which you will wear your orthotics.

Your orthotics will allow your lower limbs to function in a more natural and efficient manner. This will result in decreased pain or the elimination of symptoms, allowing you to enjoy your daily activities comfortably.

The Orthotic Group (TOG) offers a wide variety of orthotics to fit your lifestyle:

## Types of TOG Orthotics

Casual Orthotics	Sport Orthotics	Dress Orthotics	Specialty Orthotics
SuperFlex CushionFlex KidsFlex	RunFlex SportFlex EagleFlex SkiFlex SkateFlex	FashionFlex DressFlex	DiabeticFlex Gait Plates UCBL

# Proper Care

To clean your orthotics, take a damp cloth with mild soap and water and gently wipe them down. Let the orthotics dry naturally (do not use direct heat such as a hair dryer).

If your orthotics are exposed to wet environments, remove them from your shoes and allow them to air-dry naturally.

Placing a small amount of baby powder on your orthotics can control odor.

Thank you for choosing  
The Orthotic Group.

Visit us online at  
[www.theorthoticgroup.com](http://www.theorthoticgroup.com)



# CUSTOM



# COMFORT

INFORMATION ABOUT YOUR  
CUSTOM FOOT ORTHOTICS  
AND HOW TO WEAR THEM





## Wearing Instructions

When you initially wear your orthotics they may feel different or uncomfortable. This feeling is quite normal – keep in mind that orthotics are designed to change the way you walk and feel. As time passes, your orthotics should feel comfortable and should be a pleasure to wear. The instructions below provide you with guidelines to help you become accustomed to wearing your new orthotics.

1. Try to wear your orthotics for one hour on the first day. Double that time each day, until at the end of two weeks you are wearing them all day. If your orthotics become intensely uncomfortable before the prescribed time, remove them from your shoes and stop wearing them for that day. Make sure to return to wearing them the next day. Some people adjust more quickly than others to wearing orthotics. If your pain or discomfort persists over time, please contact your health care practitioner for a consultation.
2. Some patients report a little discomfort when first wearing their orthotics. This discomfort can occur in the legs, knees, hips and/or lower back. This is an indication that your orthotics are working. Small changes

are occurring throughout your musculoskeletal structure and it may take time to adjust to these changes. These aches are usually transitory and will disappear in time.

3. If the orthotics you were prescribed have a full-length top cover and the extension is too long (extends too far beyond your toes or bunches up at the end of your shoes), simply trim back a little bit of the cover until they fit your shoes properly. If your shoe has an insole that can be removed, use the length of this insole as a guide for sizing.
4. It is not unusual for the orthotics to slip, particularly if they are placed into slip-on shoes. In most cases this will disappear as your foot function improves. If slipping persists, try to purchase shoes that have a higher heel counter that will accommodate your orthotics.
5. Before placing your orthotics in either new or old shoes, it is important to take out all removable arch supports, rubber or felt additions or other inserts from the inside of the shoes.
6. This pamphlet only suggests general guidelines. Your specific situation may be different. Remember to contact your health care practitioner for a consultation two to four weeks after receiving your orthotics.

## Sports Activities

Start by wearing your orthotics in your athletic shoes for walking only. Wear them for a period of two to four hours, for two consecutive days. If they are reasonably comfortable, wear your orthotics for your sports activities using the following example as a guide:

1. For the first two days, wear your orthotics for 1/4 of your total activity time. For example, if you run for one hour, wear them for fifteen minutes.
2. If you are comfortable, add another fifteen minutes of wearing time every three days. After a week and a half you will be wearing your orthotics for the entire duration of your sport activity.

Consult your health care practitioner for more information on other products manufactured by The Orthotic Group or visit our website at [www.theorthoticgroup.com](http://www.theorthoticgroup.com)