

All you need to know about “Caring for Your Orthotics”



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Breaking in your orthotics

Your orthotics should yield as much benefit for you as possible and not just be tolerable but comfortable. It is much more important for you to wear your orthotics comfortably even for short periods of time. On the first and second day, you should be wearing your orthotics approximately one hour each day. By the third day, increase the time and progressively work up to wearing them all day. This process can take anywhere from 2-6 weeks depending on each individual. ***Gradual build-up of wearing time should always be the rule.*** Be aware that there may be some discomfort in the feet, knees and or lower back during this process of realignment. Remember, you cannot reverse in a couple of months what took years of abnormal function to create!

Care of your orthotics

Never expose your orthotics to prolonged extremes in temperature. Severe cold may cause breakage and extreme heat will lead to loss of shape. Never leave orthotics in shoes when they have been placed in front of a heat vent or fireplace to dry. Keep orthotics out of reach of animals since certain types of materials may be ruined from chewing. Wash orthotics by using a towel, lukewarm water and mild soap. Hot water can breakdown adhesive bond of the glue used in topcovers and posting. Removable Spenco liners can be machine-washed in cold water and line dried. Depending on the type of shoe, an orthotic may squeak when walking. Some corrective considerations are applying talcum powder, wax or soap to the edges of your orthotics or to the inside of your shoes. If these simple measures do not work, please contact the office as there are other means of eliminating squeaking.

Follow up

The type of orthotic device that you have received has been chosen by taking your particular needs into consideration. By following these listed instructions for care and breaking in of your orthotics, we hope that you will gain full benefit and endurance of your prescription orthotics devices. Your orthotics have been constructed of the highest quality materials available. However, due to each patient's individual body chemistry and activity, periodic replacement of topcovers and posting material is normal. Since your orthotics are custom-made, we recommend that you return to our office in one year for re-assessment and proper fit. Our office will send you a reminder card and you can call to schedule an appointment at your convenience.

Additional Pairs

You may be entitled and encouraged to receive more than one pair of prescription foot orthotics. For optimal medical outcome of most foot health problems, it is advantageous to wear your orthotics in all your shoes. Our staff will be happy to determine your insurance benefits for additional pairs of orthotics. Please be advised that we can make the highest quality custom orthotic available to fit even the most difficult shoe types, including: pumps, sandals, ski boots, ice skates, cycling shoes and ballet shoes.

Plateau Foot and Ankle Guarantee

If for any reason you are not completely satisfied, please let us know so we can remedy the situation. Approximately 10% of all orthotics require between one and three adjustments. The necessity for adjustments is even more common for those patients having more severe chronic problems. Please know that we are committed to your satisfaction.



Information included in this pamphlet has been compiled to help you gain the maximum benefit from your orthotics.

