

## INITIALIZATION SCHEDULE – FOOT ORTHOSIS

Your foot orthoses (inserts) have been developed specifically for you and are intended to help your body return to improved function. This process requires a period of adjustment called the Initialization or Break-in Period to allow your body to become accustomed to the new alignment. Also, as we are often interacting with the soft tissues such as skin and muscle as we begin to alter the skeletal alignment, the soft tissues require a chance to get used to new and different pressures. Much like a new pair of leather shoes, if you wear them too much or too soon you can cause discomfort or skin breakdown.

The following is a schedule to guide you through this process. These are recommended times that will typically work but to insure your safety and comfort, please adjust times downward as appropriate if you see any areas of concern or are experiencing discomfort. Follow these guidelines for the best results:

- *Inspect your skin after **each period of use**, particularly at the beginning of the process*
- *Redness is normal but should **fade in 20 minutes** if your skin is tolerating the new pressure.*
- *If the time indicated seems to be “too much” simply **back up two days** on the chart and continue from that point.*
- *It’s OK to decrease wear time if needed but always progress **gradually**—avoid stopping and starting.*
- ***Consistent wear** will also let your “head” get used to the presence of something new and make the transition much easier.*
- *Discontinue using the orthosis and **contact us** if you have continuing discomfort or areas of concern!*
- *Incorporate regular stretching exercises if we’ve provided suggestions to assist with your conditions.*

If these are replacement inserts, be aware that there are still new pressures being created and changes in alignment that can affect your entire body. We still recommend following the schedule below for the first few days but you can then begin to accelerate beyond the schedule if your body tolerates it comfortably.

DAY	WEAR TIME	NOTES
1	1 hour	Avoid focused, intense activity during the first 3 days
2	2 hours	
3	2 hours	
4	4 hours	
5	4 hours	
6	6 hours	OK to begin incorporating higher activity at this point
7	6 hours	such as exercise or sports
8	8 hours	
9	10 hours	
10	12 hours	Continue with consistent, full time wear

We want the inserts to be as comfortable and convenient for you as possible. We are always happy to discuss problems or concerns you may be having and to see you on follow up if there are areas that you continue to have difficulty with. All services provided are guaranteed for a period of 90 days and we will work hard to give you the best fit, function and service possible.