

17820 SE 109th Ave #102 Summerfield, FL 34491 (352) 347-3338

1800 SE 17th St #601 Ocala, FL 34471 (352) 351-0375

Email: contact@liveoakfootankle.com

Website: [www.liveoakfootankle.com](http://www.liveoakfootankle.com/)

**Orthotics Owners Guide**

Your orthotic devices dispensed to you today are a blend of medical science and artistry. They are exacting pieces of equipment that are as individual as a fingerprint. They have been designed to place your foot in a more anatomically normal position for ambulating. During the next few weeks your body will gradually become accustomed to the new and proper alignment. This is very analogous to becoming comfortable with a new prescription lens. Because each human body is different, the exact period of adjustment is difficult to determine, but may take 2-6 weeks. During the adjustment period, you may experience mild discomfort in other parts of your body such as the knees, hips or back. This discomfort is transient and should disappear as the orthotics enable the foot to realign, achieving the correct posture and function more efficiently.

**Instructions**

1. Wear your orthotics for up to one hour on the first day, two hours the second day, etc. You may wear them more if they are comfortable or less, if necessary.

2. If your orthotics cause pain before you have worn them for the scheduled period of time, remove them from your shoes. On the next day, do not attempt to increase the wearing period. Then resume your schedule for the following day, increasing wearing period by one hour each day.

3. Be sure to wear shoes and socks or stockings to minimize the possibility of skin irritation.

4. When purchasing new shoes, bring your orthotics to ensure proper fit.

5. Occassionally, orthotics may squeak in your shoes. This can be elimiated by lightly dusting baby powder into the shoes.

6. Care and cleaning: wash in luke warm water and mild soap. Avoid repeated soaking. Allow the devices to dry at least 24 hours befor re-using.

7. If any of the material in the orthotic become in disrepair, or if the device breaks, do not fix yourself. Please bring this to our attention.

8. I you have any questions about your orthotics, please contact Dr. Effren and his staff.