



Foot Orthosis Initial Wear Schedule

Day 1 - Wear 1 hour on, 1 hour off, up to 3 times per day

Day 2 - Wear 2 hours on, 2 hours off, up to 3 times per day

Day 3 - Wear 3 hours on, 1 hour off, up to 2 times per day

Day 4 - Wear 4 hours on, 1 hour off, up to 2 times per day

At this point, move up to full time during the day. Inspect skin after taking the foot orthotics off at night. Any red or pink areas should go away within about 20-30 minutes after you take off the foot orthotics. If your ankles, knees, or hips have any soreness, it should also go away after 4-5 days in the orthotics. Be aware when you change shoes that the orthotics might need to be adjusted for new shoes.

It's common to have a little soreness or tiredness for the first week, but this should gradually get better as you get used to the orthotics.

Call our office for any issues or follow up at 803-980-5080.