

# COASTAL CAROLINA FOOT & ANKLE ASSOCIATES

Dr. Jeffrey B. Pupp

Dr. Kevin Bachman

## INSTRUCTIONS FOR ORTHOTICS

1. Please remember that you must break into wearing your custom orthotics gradually. These do not break in like a new pair of shoes. You **MUST** allow the muscles and tendons of your foot to adjust to the new controlling shape of the orthotics.
2. On the first day, wear your orthotics for 1 hour in the morning, remove them and then wear them for 1 hour in the afternoon.
3. On the second day wear them **2** hours in the morning, remove them and then wear them for **2** hours in the evening.
4. Repeat these instructions, increasing the time limit by one hour each day. You should be wearing them all day long within 4-5 days.
5. Should your feet become sore or feel "stone bruised", discontinue wearing the orthotics for 3-4 days and then start the process over. This should not be a problem unless you rush the breaking in process.
6. We would like to see you after you have been wearing the orthotics for 2 full weeks, to ensure proper fit and evaluate the need for adjustments. Please make an appointment for 3 weeks on the day you pick up your orthotics.
7. As always, feel free to call us if you have any questions regarding the fit or comfort of your orthotics.

\*\*\*\*\*  
1602 Doctors Circle  
Wilmington, NC 28401

114 N. Norwood St  
Wallace, NC 28466

509 Olde Waterford Way  
Leland, NC 28451

Tel (910) 343-8889  
Fax (910) 343-9990

Tel (910) 285-3362  
Fax (910) 285-6683

Tel (910) 383-2550  
Fax (910) 343-9990