CUSTOM FOOT ORTHOTIC BREAK-IN PERIOD

OVERVIEW

You just received your new foot orthotics!! Now it's time to break them in correctly to achieve the best possible results.

2-3 WEEK BREAK IN PERIOD

Over the first 2-3 weeks of getting your new orthotics it is important to not overdue it. If any of the following scenarios occur, please remove the custom orthotic and replace it with either the original insole or an off the shelf orthotic you were using prior to receiving the newest custom orthotic.

If you notice any:

1. New, different, or increased pain/ discomfort in your feet
2. New, different, or increased pain/ discomfort in your ankles, knees, hips, or lower back
3. Cramping, or if the orthotic is very uncomfortable for over 30 minutes.

If this happens, slowly build up your tolerance to the orthotic by approximately 1 hour per day. If after the first 2-3 weeks the orthotic continues to be unwearable for a full 8 hours (or more), book a follow up appointment online so we can adjust the orthotic to make it more comfortable!

We want to make sure you are happy and your feet are healthy in the orthotic you received. don't hesitate to book an adjustment if things are not feeling quite right.

3 MONTH ADJUSTMENT PERIOD

There is a 3 month window where adjustments can be made with no additional cost to the client.

What should you do if its been over 3 months and you had been initially comfortable in your orthotics, but you begin to feel the old, or new symptoms coming back?

It is important for you to book a re-assessment appointment so a Canadian certified Pedorthist can review your symptoms and provide appropriate treatment. This could be an adjustment to the current orthotics, new orthotics, or any additional treatment recommendations.

This may have an additional cost as it is past the 3 month warranty period for the custom orthotic