Orthotic Device Break-in Guide

It is important to wear your new orthotics gradually over the next few days and weeks. You will be retraining and re-positioning muscles and joints that you may not have been using properly for a long time.

You might experience some transient foot, leg, hip or back pain during this transititon, even when wearing the devices as directed. It usually takes **1-2** weeks to completely break in the devices.

If you experience pain (which hopefully you do not) , take them out and start break-in process from the beginning.

Remove the factory insole in your shoe if possible.

Best used in a fully enclosed shoe.

Recommended Break-in Schedule:

Day 1	½ hour
Day 2	1 hour
Day 3	2 hours
Day 4	3 hours
Day 5	4 hours

130 Turnberry Ct. Beverly Hills, MI 48025

(866) 784-6842 Fax: (866) 866-6869