



## **Tips for Properly Getting Ready for Your New Custom Foot Levelers orthotics**

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After Getting Casted for Your Custom Foot Levelers Spinal Pelvic Stabilizers:

### **There is an Initial Preparation Period:**

Roll golf ball under each foot for 5 minutes daily for 2-3 weeks until your custom orthotics arrive at the office. This allows for the muscles and ligaments in your feet to start to stretch to accommodate the orthotic. It also helps to break up any scar tissue or adhesions in your feet.

### **Once Your Custom Foot Levelers Arrive at the Office:**

Make an appointment to have them muscle tested to ensure a proper prescription and to have the orthotic fitted to the shoe that you will be wearing them in the majority of the time. Please bring those and any shoes you will be wearing them in. We will also check to make sure your shoes are a good fit for you as well.

It can take some time for a new pair of custom orthotics to conform to your feet and for your body to adjust to proper, healthy support. If you haven't worn orthotics in the past, your feet need to adapt to the unique corrections to maintain the integrity of your plantar vault—the four arches in your feet that help keep your body in balance. If you don't give it 45 days and follow the 45-day break-in procedures, you may not be able to experience the full benefits of using orthotics.

### **Proper Break in Protocol:**

- Wear your stabilizing orthotics every time you wear shoes.
- Start by wearing your stabilizing orthotics 3 hours per day for the first few days, then gradually increase 1 hour per day.
- Carry your manufacturers insole with you to replace the orthotic when taking it out during the break in process.
- You may experience some mild discomfort in the beginning as your body gets adjusted to the new supports – this is natural and will get better soon. It could take up to 45 days. After this period if any discomfort exists bring the functional orthotics back to Dr. Shoe or Dr. Alex.

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