

How to Break in Your Custom Orthotics

Allow yourself time to adjust to your custom orthotics by gradually introducing them to your lifestyle.

For the first 2 days of wear, limit use to only one hour per day. On the 3rd day, begin increasing the time incrementally, slowly working up to all-day wear.

Depending on the individual, the process of realigning your feet can take anywhere from 2-6 weeks. Be aware that you may feel some discomfort in the feet, ankles, knees, hips, or lower back during this process.

If you're experiencing difficulty with this process or having any pain, give our office a call to set up an appointment at 206-368-7000.

FOOT AND ANKLE CENTER OF LAKE CITY

