

DAFO Break-in Guide

It is important to wear your new orthotics gradually over the next few weeks. You will be re-training your muscles that you may not have used in a long time. You might experience some foot, leg, hip, or back pain during this transition, even when wearing the device gradually. It usually takes 3-4 weeks to completely break in the device.

Recommended Break-in Schedule

Day 1	1 Hour
Day 2	2 Hour
Day 3	3 Hours

* Continue to increase the wearing time following the same pattern above

Best Type of Shoes to Use

- Wide and extended shoe tongue
- Shoe ties or straps
- Removable insole
- Pull Tabs
- Flexible mesh fabric
- Wide Toe Box

Recommended Shoes

- > Adidas
- > Skechers
- > Champion
- > Vans
- > Converse
- > New Balance
- > Nike
- > Pediped

Stores:

- > DSW
- > Shoes.com
- > Kohl's
- > Walmart
- > Zappos.com

Cleaning Orthotics

- Remove the DAFO from your shoe
- Clean with 50/50 Solution of Rubbing Alcohol and Water - Put in spray bottle and spray down