

Device Break-in Guide

It is important to wear your new orthotics gradually over the new 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

	AM	PM
Day 1	½ Hour	½ Hour
Day 2	1 Hour	1 Hour
Day 3	1 ½ - 2 Hours	1 ½ - 2 Hours
Day 4	3 Hours	3 Hours
Day 5	4 Hours	4 Hours
Day 6	5 Hours	5 Hours
Day 7	6+ Hours	6+ Hours

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

Custom Orthotics

- Remove the factory insole from your shoe
- Best used with fully enclosed shoes

Cleaning Orthotics

- Remove the insert from your shoe
- Clean with 50/50 Solution of Rubbing Alcohol and Water
- Clean at least once a week