



## **“CUSTOM MADE BECAUSE NO TWO FEET ARE EXACTLY ALIKE”**

### **HOW TO USE YOUR NEW LEVY & RAPPEL CUSTOM ORTHOTICS**

IN MOST CASES, FOOT PROBLEMS DO NOT OCCUR OVERNIGHT. IT TOOK A LONG PERIOD OF TIME TO REACH THE LEVEL OF DISCOMFORT THAT CAUSED YOU TO SEEK PROFESSIONAL HELP. THERE PROBABLY WILL BE AN ADJUSTMENT PERIOD WHEN YOU START WEARING YOUR NEW SUPPORTS AND THERE MAY ALSO BE A LITTLE DISCOMFORT. HOWEVER, THIS WILL PASS AND YOU WILL EXPERIENCE COMFORT IF YOU FOLLOW THESE SIMPLE INSTRUCTIONS.

- 1. WEAR YOUR NEW SUPPORTS FOR ONE (1) HOUR THE FIRST DAY. INCREASE YOUR WEARING TIME ONE (1) HOUR EACH DAY THEREAFTER. IF YOU HAVE UNBEARABLE DISCOMFORT BEFORE YOU REACH THE MAXIMUM WEARING TIME ON ANY GIVEN DAY, REMOVE THE ORTHOTICS FROM YOUR SHOES.**
- 2. THE FOLLOWING DAY WEAR THEM AGAIN, BUT ONLY FOR THE AMOUNT OF TIME YOU WORE THEM ON THE PREVIOUS DAY. INCREASE YOUR TIME OF SUBSEQUENT DAYS BY ONE ½ HOUR INSTEAD OF THE FULL HOUR. CONTINUE TO DO THIS ONLY IF YOU HAVE COMFORT!**
- 3. IT IS NOT UNCOMMON FOR SOME MILD PAIN IN YOUR ANKLES, KNEES, HIPS AND BACK IN THE EARLY STAGES OF WEARING YOUR SUPPORTS. THIS OCCURS BECAUSE OF THE REPOSITIONING AND REALIGNMENT OF YOUR BODY FROM YOUR FEET UP.**
- 4. YOU SHOULD BEGIN WEARING YOUR SUPPORTS COMFORTABLY FOR MOST OF THE DAY WITHIN 3 – 6 WEEKS. IF YOU HAVE EXPERIENCED ANY GREATER DISCOMFORT THAN EXPLAINED HERE, SCHEDULE A VISIT TO WHOEVER DISPENSED THE SUPPORTS FOR A POSSIBLE ADJUSTMENT.**

# **Levy<sup>+</sup>Rappel**

CUSTOM ORTHOTICS SINCE 1930