

WEARING YOUR CUSTOM SHOES

Your custom molded shoes were prescribed by your doctor and are designed to relieve your specific foot problems or to meet your particular footwear needs. It is important that you read and follow these specific instructions in order to obtain the desired results from your shoes.

1 Upon first wearing, your shoes should fit fine and there should be some room in front of the toes.

2 Most new shoes will feel stiff. It is normal for the heel to slip a little when you first try the shoe until the sole has been sufficiently flexed at the ball of the foot. This will disappear during the break-in period.

3 Wear your shoes around the house for only one hour a day for the first few days. Increase slowly and incrementally wearing the shoes for two hours/day, then three hours/day,... Use common sense and listen to your feet during this period.

4 Custom molded shoes change the way you walk and the way your muscles work. You may start using muscles you have not used in a long time. Foot and leg muscle fatigue as well as discomfort can occur during the first two weeks.

5 You should always thoroughly check your feet for irritations every night and immediately report any problems.

6 The insoles of your new shoes are designed to accommodate to your feet and compress at the pressure points. As you go through the break-in period the shoes will mold to your feet and any stiffness will disappear.

7 It is a good idea to take out the insoles nightly to let them breathe. This will allow any perspiration or moisture to evaporate and dry, from both the insoles and inside the shoe.

If your custom molded shoes are uncomfortable after the two week break-in period, please discuss this with the provider. If they pinch or cause blisters please stop wearing them and consult your doctor.