

Here's what satisfied patients are saying about orthotics:

"I had bunion surgery. The thought that my bunions could return was frightening. Thank goodness, orthotics may prevent that." – P.B.

"I had the worst heel pain you could possibly imagine. I couldn't walk when I got up in the morning. Thanks to my new orthotics, I've noticed a tremendous improvement." – L.D.

"I thought my jogging days were over. Every stride I took I thought was going to be my last step. But with orthotics, I'm able to resume my normal running schedule pain free." – M.L.

"I was pleasantly surprised to learn that a special type of orthosis can be made that will fit into my pumps. Now I can be comfortable and feel good too." – R.S.



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Orthotics:

Wearing
Instructions

Dr. Lawrence Mandel

Congratulations! You have just received state-of-the-art orthotic devices to help alleviate your foot pain and fatigue. Initially, you may be aware of the orthotics in your shoes. However, after a short period of time, you will be unaware of their presence as they work to improve your foot function.

- Wear your orthotic devices for not more than 1 hour the first day, not more than 2 hours the second day, 3 hours the third day, and so on until you are wearing them all day. You may wear them for as little as 15 minutes. Children should wear them only at home until they reach 5 consecutive hours of wear.
- Some shoes come with a removable insole which you may choose to remove prior to placing the orthotic in the shoe. Removing the insole may improve orthotic fit and function.
- If at any time the orthotic devices become acutely uncomfortable before the maximum time for that particular day, **STOP** wearing them. On the next day, do not increase wearing time. Subsequently, increase wearing time by 15-30 minutes *only if comfortable*.

- Some patients occasionally report mild aches or discomfort in other parts of the body such as knees, hips or back after 3-4 hours of consecutive wear. If this occurs, do not extend your wearing time. Instead, *cut it back* by an hour or two. In all likelihood, the symptoms will disappear in a short time as your entire body posture realigns itself and functions more efficiently.
- It is possible that your orthotic devices may require some small change or adjustment to improve their function or to make them more comfortable. This is usually not done before 1-3 months have elapsed. These adjustments are made accordance with the changed position your feet are assuming as a result of improved function.
- Your orthotics were designed to fit most oxfords, flats and some fashionable shoes with a moderate heel. However, it is a good idea to bring your orthotic with you when buying new shoes in order to ensure proper fit prior to purchase.
- In women's shoes, it is not unusual for the heel to slip off, particularly if they are step-in-shoes. If this occurs, try other shoes or other styles. Try to purchase shoes with a deeper heel seat or higher heel counter. In most cases, this slipping reduces or disappears as your foot function improves.
- Squeaking of orthotics in shoes is due to normal movement of the devices. To eliminate squeaking, simply dust some baby powder into your shoes before inserting the devices. If this does not work, apply soap or wax to the edges of the orthotic devices or put a tissue into the shoes.
- After wearing your orthotics comfortably for at least 8 hours per day, you may begin wearing them for longer periods of time and when participating in most athletic activities.
- It is important that you follow these instructions implicitly. Failure to do so will simply prolong the adjustment period or create problems which are easily avoided. It makes no difference if you are wearing your orthotic devices for only a few hours after several months, so long as you are wearing them comfortably for those few hours.

By following these wearing instructions, you will receive long-lasting benefit from your orthotics. If you have any remaining questions or concerns, please feel free to contact our office.

