F. Keith Nebeker DPM

STEPPING FORWARD

About Your Orthotics

The shoe inserts that have been dispensed to you have been molded specifically for YOUR feet. They were designed to help correct the alignment of your foot or feet with the intention of alleviating pain and/or symptoms of abnormal foot function or gait. They were not intended to be used by anyone other than yourself.

You may find that you can begin wearing your orthotics for a full day without discomfort. Or, you may find the need to gradually "re-train" your feet to become accustomed to your new inserts. This may take anywhere from two to six weeks. Begin by wearing your orthotics for only an hour or two the first day, and increase the wearing time one hour for each day. If you experience discomfort, decrease the amount of time that you are wearing them by an hour or so, and then gradually increase the amount of time again as your feet become accustomed to the additional time. During this period, you may experience mild discomfort in your knees, hips, or back. This discomfort should disappear in a short amount of time, as the orthotics begin to realign your foot and correct your posture and movement.

Please feel free to call our office if you have any additional questions or concerns.