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INSTRUCTIONS FOR BREAKING IN YOUR ORTHOTICS

- **Preparation:** Remove any existing arch supports or factory insoles presently in your shoes.
- **1st Day:** Begin by wearing your orthotics for **2 hours**.
- **2nd Day:** Wear your orthotics for **4 hours**.
- **3rd Day:** Wear your orthotics for **6 hours**.
- **4th Day:** Wear your orthotics for **8 hours**.

Gradually increase wearing time over the next **2 weeks** until you are wearing them for a full day.

IMPORTANT: Please call our office if any areas of irritation or pain are noted or if you find the orthotics difficult to tolerate.