



### The Biomechanical Advantage

Congratulations! You are taking the first step towards supporting your feet. Today, you are being dispensed custom foot orthotics. The most advanced custom arch support on the market, calibrated for the impact you put through your feet every day. Your biomechanical orthotics combine state-of-the-art technology with the finest high-performance materials. Dr. Mechanik has taken advanced training and has taken a special interest, in biomechanics to craft your orthotics.

### The Break-In Period

Please remember to break in your new custom foot orthotics according to these instructions. We recommend you break them in slowly, by wearing them one (1) hour the first day, two (2) hours the next day, three (3) hours the third day, and so forth. By the eighth day, you can wear them for eight (8) hours.

Sometimes a strained feeling can appear in other parts of the foot, legs, and back, as you begin wearing your orthotics. This can be a sign of your body adapting to your new foot posture.

If the discomfort becomes acute, your body may be resisting rapid change. You can cut the break-in times in half and build up wearing time more slowly. Try to advance one (1) hour every other day, or every third day. Everyone adapts differently, and this is just a guideline.

Diabetics, and those with decreased sensation in their feet should be especially careful not to have foreign objects in their shoes and not to overly compress their feet. They should check for possible red or sore areas on their feet, daily and let Dr. Mechanik know if any occur.

<b>Day</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9+</b>
<b>Hrs</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>All Day</b>

### Stretching

Today, you will receive a copy of our Calf Stretches. It is important to stretch, once or twice a day, morning and before bedtime are good markers, and multiple times throughout the day. This will help with parts of your foot, ankle, and lower leg that have been under or over-utilized.

Wearing the orthotics, too fast, too soon can cause injuries like shin splints, tendinitis, and stress fractures. Please stretch and take your time. Some patients need to go to Physical Therapy to aid in the Break-In process.

Dr. Mechanik wants to see you at 8 weeks after you receive your prescription orthotics. It is recommended that you return for check-ups while you are accommodating to your orthotics. If you find you are having trouble adjusting comfortably to them after a few weeks, you may need to come in before your 8-week visit.

### Expect a Difference

When you first wear your prescription orthotics, expect to feel different, as you get used to wearing your orthotics. It may feel like stepping on a golf ball. *These custom orthotics change the way you walk.* Often, there is a difference between your right and left orthotic, so they will also feel different when you step on them. As your body becomes accustomed to wearing them, this sensation should disappear within a few weeks. After a while, you probably will no longer even notice you are wearing your orthotics. As with any medical appliance, your body much adjust to their use. Please follow the chart when beginning to wearing your orthotics. Do not wear your orthotics for long periods at first, as making the changes too rapidly, may cause cramping and fatigue in the lower leg musculature, as well as cause arch pain.

### New Activities

Once you are wearing your orthotics for 8 hours, transition to wearing them whenever you are on your feet. At this time, when you have worn your orthotics, eight (8) hours, 5 days in a row, you can proceed in breaking in all new activities and shoe wear with the same gradual addition of time, until you accommodate to the change in your feet and body. Before using your custom orthotics during athletic activities, make sure you are completely comfortable with them during normal activity. Try using them for a limited workout first. Otherwise, please

replace the original insoles for any high impact activity.

### Care of Your Orthotics

Your orthotics require minimal care, but there are some situations to avoid:

1. **Avoid placing them in hot areas such as car dashboards, near home heaters, and dryers.**
2. **Keep away from pets that could chew on the top cover or destroy the plastic.**
3. **Wear socks or stockings with orthotics to wick away moisture. We recommend Merino wool (or wool/synthetic blend) socks for their wicking properties.**
4. **Orthotics can be cleaned with a mild, antibacterial soap or detergent and a soft cloth or sponge. Dry thoroughly before replacing them in your shoes.**
5. **If any squeaking sound occurs when walking, sprinkle talcum powder in the shoe. Wax or soap can also be applied to the sides of the orthotic to prevent squeaking.**

### Shoes and Your Orthotics

Your shoes work in close relationship with your orthotics. Obviously, you must exercise care in choosing the appropriate footwear. Always take your inserts with you when you shop for shoes. Find shoes that fit and hold the entire

foot snugly, without squeezing excessively in any area.

Shoes with a removable inserts are preferable because without the shoe insert, there is additional room for the orthotic. Other shoes may have an inner lining that is spot glued, that can similarly be removed after you purchase them. Straight-lasted shoes are preferred to Curve-lasted because they do not interfere with the orthotic function.

**Those with severe flat feet should use shoes with a firm heel counter, lateral flare and buttress.**



**It is best to avoid slip-ons, backless shoes, and heel heights greater than 1.5 inches (unless you buy Dress orthotics, specifically designed for heels 2-2.5 inches). Some shoes with a higher heel will cause the orthotic to rock in the shoe. This can make you walk out of the back of your shoes.**

### Copley High Heel Orthotics

Providing less downward force on the ball of foot, increasing comfort. Your foot is still in full contact, but the force is distributed evenly over a larger area, eliminating hot spots and most importantly, taking as much pressure as possible off of the ball of the foot.



Your full-foot orthotics have been purposely made with extra top cover to ensure that they will fit the dimension of your shoes. If they need trimming, simply use the removable foam insert that came with your shoe as a template. Carefully line up the insert over the orthotic, trace out the forefoot with a pen, and cut to the line with household scissors.



### Slow Down

Restoring function to your feet takes time. When function returns, health is restored. The rewards are worth the wait!



**Joseph E. Mechanik, DPM, FACFAS**

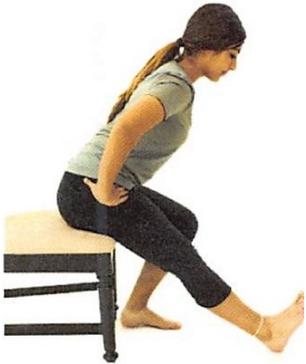
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## ORTHOTIC BREAK-IN STRETCHES



### SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Maintain a straight spine the entire time. Bend through your hips.

Hold 30 Seconds

Perform 2 Times a Day

Complete 3 Sets



### STAIR STRETCH - GASTROCNEMIUS

Start by standing on a step with the target heel off the edge. Next, lower your heel towards the floor until a gentle stretch is felt along the back of your lower leg. Your toes on both feet should be pointed straight forward. Keep the target knee straight during this stretch.

Hold 30 Seconds

Perform 2 Times a Day

Complete 3 Sets



### STEP DOWN - LATERAL

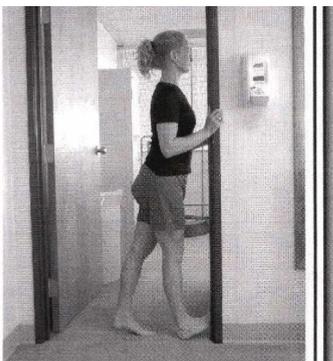
Start with both feet on top of a step/box. Next, slowly lower the unaffected leg down off the side of the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment: Knee in line with the 2nd toe and not passing in front of the toes.

Repeat 10 Times

Complete 3 Sets

Perform 2 Times a Day



### DOORWAY STRETCH

Bend ankle upwards, placing toes on doorjamb. Slowly lean forward keeping knee straight until a strong but tolerable stretch is felt. Lean forward more as needed to progress the stretch.

Repeat 10 Times

Complete 3 Sets

Hold for 30 seconds

Perform 2 Times a Day