

**DeCaro Total Foot Care Center
Podiatric Medicine & Foot Surgery
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Orthoses Dispensing & Break-In Instructions

Name	Date of Birth	Casting Date	Pick-Up Date	Stride #
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The DeCaro Total Foot Care Center is pleased to provide you with a brand new pair of orthoses. We want to do everything we can to ensure you are satisfied with the product you have received. More importantly, we want to make sure you are provided with and understand the break-in procedure we recommend for you.

The following includes important information regarding the break-in procedure, participating in sports and picking our shoes with relevance to your orthoses. **Please sign the last page of this document.**

Signing will confirm you understand and accept these orthoses and the responsibility that comes with them. Please feel free to ask our assistants any questions you may have following the completion of this document.

1. **Be patient with how many shoes they fit in.** You have received an ultra-custom, ultra-biomechanically-controlling orthotic device. These orthoses may be larger than you expected because they are crafted to serve you better than any other ever has. Wearing them in a sneaker or wide dress shoe may be your only option at first. It is our goal to maximally control your existing deleterious foot motion 100%. Later on, when you love your orthoses, you may require smaller dress/hybrid pairs which can be crafted to fit into a larger variety of shoe gear. Please note that this smaller orthotic size may compromise the full effect of the orthoses, but they are a great part-time solution.
2. **Break-In:** Wear your orthoses one hour the first day and for each subsequent day, increase your wearing time one hour (e.g. 2 hours on Day 2, 3 hours on Day 3, etc.) until you are comfortable wearing your orthoses full time.
3. **Orthoses should be worn with socks or stockings.** Failure to comply with this may cause blistering or pain within your foot.
4. **New orthoses occasionally squeak.** If you find this to be the case, use talcum powder in the shoes to reduce the friction that causes the squeak. Eventually, with use, the squeaking will subside.
5. **In most cases, the break-in and “getting used to” accommodation period lasts about two weeks.** Occasionally, some discomfort may occur. Should this happen, reduce the wearing time by one-half hour each day until the discomfort disappears. Proceed by gradually increasing your wearing time more slowly than before. If discomfort persists, make an appointment with one of our doctors.
6. **If you play sports, please do not wear them during sporting events until you are comfortable wearing the orthoses for six to eight hours of non-sporting daily activity.** Begin by wearing them in your athletic shoes for a period of one to three hours for normal activities.

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7. **After removing your new orthoses during the first two weeks of wearing them, inspect both feet for new red marks, blisters or sores.** If you see any of these, please **stop wearing the orthoses** and call our office immediately. You must check your feet after taking off your new orthoses to prevent injury.
8. **Picking out shoes:** Please make sure that you take your orthoses with you to pick out each and every pair of shoes you anticipate wearing them in. It is important to make sure that your foot and the orthoses fit into any new shoes before making a purchase!
9. **Worn shoes:** Your orthoses should not be worn with any shoe that is deemed worn out. Check for excessive wearing of the heel (especially wedging of one side), increased bendiness of the middle arch of the shoe, or any holes within the shoes.
10. **Choosing the correct shoe:** Please follow these simple rules, as well as previous individual suggestions made to you by our staff to help you find the best type of shoe to allow your orthoses to work with maximum effectiveness.
 - The shoe should NOT bend in the arch; it should bend in the toe box. Take the shoe and hold it on the ends with both hands and press. Note whether it bends in the arch or the toe box.
 - Look at the bottom and sides of the shoe. There should be no fancy materials to control excessive motion. That's what you have your orthoses for! The shoes are there solely to cushion you and make you comfortable.
 - Most importantly, make sure they fit comfortably!

If you have any questions or problems, please do not hesitate to call our main office at (413) 397-8900 to speak to an assistant or make an appointment.

I have read and understand the above instructions for the orthoses. I have had all my questions answered to my satisfaction.

Patient/Parent/Guardian Signature

Date

Staff Dispensing Signature

Date