

Instruction on Shoe Inserts

Application

1. Check both feet for blisters or red areas. If there are blisters, do not use the inserts. Contact the ACH Orthotic and Prosthetic Department at 501-364-1192.
2. Loosen the shoe laces or Velcro straps, and then put the foot orthosis (insert) into a shoe that fits your foot.
3. Slide your foot into the shoe and tighten up the shoe laces or Velcro straps.

Wearing

1. On the first day, wear your shoes with the insert for two hours. After 2 hours, if you need a break, remove the insert for **2** hours. Then, put the insert back into your shoe for two hours. Continue this throughout the day.
2. On the second day, wear the insert for **3** hours, then remove for 2 hours. Do this for the rest of the day.
3. On the third day, wear the insert for **4** hours then remove for 2 hours. Do this for the rest of the day.
4. Once you feel comfortable, you may wear the insert full time.
5. If you feel any discomfort, remove the shoe and the insert and check your foot. If there are no red areas or blisters, continue wearing the insert in your shoe.
6. It takes about a week to become adjusted.
7. If a red area or blister is present, stop wearing the insert and contact us at the number listed above.

Care and cleaning

1. At least once a week, remove your insert from the shoe and check them for any damage.
2. You can clean your insert with a piece of clean cloth and rubbing alcohol.
3. Do not try to alter, fix, or change your insert by yourself.

If you have any problems, concerns, or physical changes related to the device, please contact the ACH Orthotics and Prosthetic Department at 501-364-1192.

Hours of operation are from 8 AM to 5 PM

Problem after hours? Emergency? Go to your local emergency room.