**Custom-Made Orthotic Instructions**

Custom-made orthotics are moldable inserts, custom-made to fit your feet. Because they are custom-made these inserts are specially made for your foot problem. Custom-made orthotics are used to treat many foot and ankle problems including, but not limited to bunions, ankle instability, plantar fasciitis, flat feet, high arches, leg length discrepancies, and neuromas. For the custom-made orthotics to work properly, your body needs to become accustomed to the new forces placed upon it.

Recommended wear schedule:

**Day 1:** one hour in the morning, one hour in the afternoon

**Day 2:** two hours in the morning, two hours in the afternoon

**Day 3:** three hours in the morning, three hours in the afternoon

**Day 4:** four hours in the morning, four hours in the afternoon

**Day 5:** five hours in the morning, five hours in the afternoon

**Day 6:** six hours in the morning, six hours in the afternoon

**Day 7 +:** all day

During the first week, it is important for you to examine your feet visually after each wearing period. Red marks are normal (like the kind you get from socks), but they should go away within 30 minutes. If not, contact Dr. Bailey’s office.

Those with diabetes or other neurologic deficits of the sensory system of the foot should pay extra attention visually to any areas of high pressure on the foot, ankle, or leg.

Consult Dr. Bailey on types of shoes that are appropriate for use with the type of custom-made orthotics you have.

[](http://www.google.com/url?sa=i&rct=j&q=custom-made+orthotics&source=images&cd=&docid=hRNSZ-pCOW0FWM&tbnid=Ce5jAbczil5WgM:&ved=0CAUQjRw&url=http%3A%2F%2Fwww.doctorsorthotics.com%2Fzcart%2Findex.php%3Fmain_page%3Dindex%26cPath%3D38&ei=bITxUZiwLKmMygHj4YGYBQ&bvm=bv.49784469,d.aWc&psig=AFQjCNHqz13JH3L5UQ-HopfF6Dx6WbTFdQ&ust=1374868770930693)