



Papanui Foot Clinic

Ian Graham & Associates

Wearing-In Instructions for Soft Orthotics

Papanui Foot Clinic | 448 Papanui Road | Ph: 03 352 6400

Wearing in Instructions – for Soft Orthotics

Please follow these wearing instructions. It can take up to 7 days to get used to your orthotics.

If the orthoses are too long for your shoes, trim a small amount off the front edge with scissors until they fit. If the shoes have removeable insoles, these can be used as a guide.

The 1st day wear the foot orthoses for 1 to 2 hours

The 2nd day wear them for 1 to 2 hours longer than the first day

The 3rd day wear them for 1 to 2 hours longer than the second day

Keep increasing the length of time you wear them each day by 1 to 2 hours until you are wearing them all the time.

You can start walking and playing sport in them when you can wear them comfortably for 6 hours at a time. Start with a practice or training first before you play a game or compete in an event.

Any problems, do not hesitate to contact us on

(03) 352 6400



**Papanui
Foot Clinic**

Ian Graham & Associates