

SHOE WEAR AND CARE GUIDE

PATIENT: _____ DATE: _____

We have provided you with footwear / inlays which are designed for and to fit your feet.

Our goal is to support and protect your feet.

Prior to putting footwear on inspect your feet for redness, sores, and use a mirror or aid to inspect the bottoms of you feet.

Your feet should be clean and dry. Any open areas need to be covered and brought to your doctors attention.

Apply a small pattern sock, be sure it is smooth.

Loosen the closure and use a shoe horn to slide into the shoe. Move your heel back and fasten the closure snugly.

Break in for new shoes:

First day: 1 hour

Second day: 2 hours

Third day: 4 hours

Fourth day: 8 hours

Fifth day: Full time wear

After each wearing the feet need to be inspected for additional redness, soreness, etc. If there are any red areas remaining after a half hour you must call us.