



Break – In Period

Please expect it to take about a month for your body to adapt to the biomechanical changes influenced by your new orthotics.

We Recommend:

Start wearing your orthotics 1 hour the first day, 2 hours the second day and so on, until you can wear the orthotics comfortably all day.

Slowly include your orthotics in sports activities once you have adapted to wearing them all day.

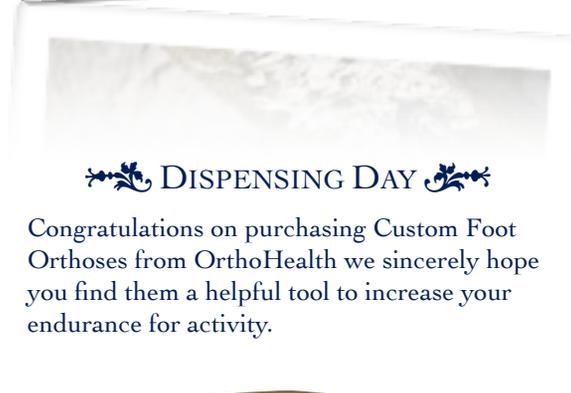
Feelings of support, muscle fatigue or changes are normal, when experiencing increased muscle fatigue or minor discomfort do not increase your wear time the next day, stay at your current wear time until your symptoms have diminished.

If those symptoms increase to a moderate or severe level discontinue wearing your orthotics and contact Ortho Health for an appointment with our pedorthist for an onsite adjustment.

Ortho Health will call you in 1 month to ensure your wear-time is progressing as expected.



OrthoHealth



DISPENSING DAY

Congratulations on purchasing Custom Foot Orthoses from OrthoHealth we sincerely hope you find them a helpful tool to increase your endurance for activity.

Conveniently located near RVH

1 QUARRY RIDGE ROAD, SUITE 105
BARRIE, ON L4M 7G1
705-726-1255

www.orthohealth.ca



Prescription Custom Foot Orthoses (Orthotics)

The Pedorthic Association of Canada defines a custom foot Orthoses as “an internal foot appliance which is manufactured from a three dimensional image of the foot, and made from raw materials. A custom foot orthosis can accommodate bony deformities, and/or modify the movement pattern of the foot and lower limb.”

Footwear and Orthotics

Custom Orthotics can be made to fit into almost any type of shoe, however to increase the effectiveness of the orthotics we recommend a shoe with a removable insole, stiff heel counter, and a sole that resists twisting. Supportive shoes that fit properly are the most important partner your orthotics have and can significantly increase their effectiveness. For more information on foot wear visit our:

www.orthohealth.ca/orthotics

Care of Orthotics

Do not expose orthotics to high heat (heaters, dryers, fireplaces).

Orthotics Life Expectancy

Plastic shell 3 - 5 years

Nicholplast (soft shells) 1-2 years depending on weight and activity level

Top Covers and extrinsic posts 18 – 24 months

To maximize the effective life of your orthotics we recommend that you return to OrthoHealth every 18-24 months for an inspection of your custom foot orthoses.

Additional orthotics made within six months of first pair will be taken from the original casts, and the price will be discounted by \$50.00. Some extended health care providers may cover 1 or 2 pairs per year.

Thank you for choosing OrthoHealth if we can be any further assistance to you or your family please call, or visit our Web Page

www.orthohealth.ca

