



INSTRUCTIONS

BREAK-IN INSTRUCTIONS

When you first stand on the orthotic it may feel like you are standing on a golf ball. You must **not** wear your orthotics all day the first day, or the muscles will strain and bruise. Your feet & body need time to adjust to the arch supports gradually during a break-in period of several weeks. This is **very** important. It may take 2 weeks, 1 month or even 3 months for them to feel comfortable. If you are having problems, stop wearing them and contact us for advice. Do not blindly "persist". Ask for help. Very few people have problems, but we can usually help if contacted.

	Day:	1	2	3	4	5	6	7	10	14	17	21	28	35	42
Slow	AM	0:05	0:10	0:15	0:20	0:30	0:45	1:00	1:30	2:00	2:30	3:00	3:30	4:00	All Day
	PM	0:05	0:10	0:15	0:20	0:30	0:45	1:00	1:30	2:00	2:30	3:00	3:30	4:00	All Day
Medium	AM	0:15	0:30	0:45	1:00	1:15	1:30	1:45	2:30	3:30	4:30	All Day			
	PM	0:15	0:30	0:45	1:00	1:15	1:30	1:45	2:30	3:30	4:30				
Fast	AM	0:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	All Day					
	PM	0:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00						

Slow: For old feet and/or very high arches, or with any history of heel pain. It will take from 6 weeks to 3 months to be wearing them all day.

Medium: For most people, try this schedule. It will take about 3 weeks to be wearing them all day.

Fast: For feet that are very young and very flat. It will take 1 to 2 weeks to be wearing them all day.

- If they are not comfortable, do not "push on" regardless. Do not "persist". You may need to slow down even more, or stop altogether for a while.
- In the first week, please leave at least 3 hours between the morning and the afternoon sessions.
- These times are based on normal walking. Around the house, to the bus, down to the shops. Not sitting, and not exercising.
- Once you can walk on them all day, **then** you can start light exercise, then heavy exercise & sports, then even run a marathon in them.
- During the break-in period you will feel some changes, maybe even discomfort, nausea and pain, in different parts of the body, as realignment is achieved. If this occurs, just back off and don't increase the wearing time until it passes. Contact us if concerned.
- For the break-in, a comfortable pair of shoes with laces is best. We strongly suggest that, until your feet are comfortably wearing these orthotics all day, you do **not** buy or alter any shoes. Your feet are changing shape. Best to let that happen before selecting new shoes.
- If you are already wearing other orthotics, then we recommend you continue to use them while not in ours (ie phase the old orthotics out and phase Step Forward in). You will **not** adjust to Step Forward Orthotics faster just because you have been wearing other orthotics.
- The correct size usually feels too long or short at first, and often different between each foot. Give the foot's arch time to adjust to the orthotic.
- Feel free to call our office with any questions. **PLEASE READ THESE INSTRUCTIONS AGAIN LATER.**

GENERAL INSTRUCTIONS

1. Most people find they have **more** room inside the shoe while wearing our orthotics. We have made the front of your foot narrower by raising the transverse arch. So your foot now moves further forward making it loose at the heel. This will not be a problem with well-fitted new shoes. Overcome the problem by tying your laces firmer, adding an extra flat insole inside the shoe and/or by attaching heel grips to your shoes.
2. Shoes must **always** have flat lining under the orthotics to minimise abrasion. If you remove the original insole for any reason, you **must** replace it with other flat insoles. These are inexpensive and can be bought at supermarkets, pharmacies and cobblers. Extra layers of lining can be useful if your shoes are now too loose, for example if you had oversized shoes to accommodate your previous bulky orthotics. For extra cushioning try an inexpensive flat foam insole over the orthotics.
3. A flat foundation for the orthotics is essential. If your shoes have significant inbuilt arch support (most don't) replace the lining with a flat insole (see above) or cut away the lump from the shoe's insole.
4. Step Forward arch supports are excellent for nearly all sports, BUT you must first go through the gradual break-in period as outlined above and DO NOT wear the orthotics during activities strenuous to the feet until your feet are ready. Our orthotics are used enthusiastically by runners, golfers, dancers, skiers, football players, weight lifters and other sports people.
5. When buying new shoes always try them **with** the orthotics. Do not buy new shoes until your feet have adapted to the orthotics.
6. Our orthotics will not cause the feet to sweat or become irritated and they will not retain any odour. The orthotics can be washed, if you wish, in warm water, using liquid soap or mild dishwashing detergent. Wipe or air dry them. Do **not** dry them with heat (see below). Progressive discolouration of the orthotics is normal and cannot be avoided.
7. The orthotics will be damaged by excessive heat. Do not expose them to temperatures above 50°C. Do not boil or microwave them. Do not expose them to a radiator, oven or hairdryer. Abrasion (wearing away) is not covered by the warranty. This will happen faster with dirty shoes or by rough stitching and linings within the shoes. Dogs love to chew on them, and this is NOT covered by any warranty!
8. These orthotics will normally maintain their full arch over many years, but some may seem to flatten. In such cases restore the arch by bending them down at the front and back while pushing up in the middle. The website has a video to show you how.

Flexing Foot Correctors - Like a personal gym, for your feet!

