



# My Therapeutic Insert

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**You have just been fitted with Therapeutic inserts. Depending on the reason (Diagnosis), your physician has prescribed them to provide necessary support, relief from pain, redistribute pressures or correct mal-alignment for your feet. They should be worn only in footwear can have laces, Velcro or a combination to secure (hold) them correctly on your feet.**

## Why do I need them?

Depending on your condition, the insert is designed to be worn while you are up and out of bed with stockings or seamless socks. They are specifically designed to provide the correct balance of pressures throughout your feet as prescribed by your doctor.

## Self Examination

The successful treatment of your problematic feet is considered a **'Process'**. Self-examination is an important part of it. Your sensation (ability to feel pain or pressure) may be impaired, so you cannot always rely on feeling alone. **Always** completely remove your stockings and footwear, and then perform a **thorough** visual inspection of your entire foot.

## How long should I wear my Therapeutic Inserts?

Depending on the nature of your diagnosis, your footwear specialist may require a 'Break-in period. Normal wearing instructions for this process is;  
**Day 1 - 1 Hour** After wearing them for 1 hour, remove your shoes and stockings, and look at the skin on **BOTH** of your feet (Top, bottom, back of the heels and also your legs). Use a mirror to examine the backs and bottom of your feet if you are having difficulty. If you see any red marks, these should disappear within 30 minutes. If not, discontinue use of the shoes until you have discussed the problem with your footwear specialist.

**Day 2 - 2 hours** After wearing them for 2 hours, remove your shoes and stockings, and look at the skin on **BOTH** of your feet (Top, bottom, back of the heels and also your legs). Use a mirror to examine

the backs and bottom of your feet if you are having difficulty. If you see any red marks, these should disappear within 30 minutes. If not, discontinue use of the shoes until you have discussed the problem with your footwear specialist. Should you have questions, **just ASK** your practitioner!  
**ADD 1 hour each day** until full time wear is achieved (normally, this takes AT LEAST 2 weeks).

## Precautions

- Remember to **'Ask Questions'** if you are not sure of anything regarding your device
- Adhere to the wearing schedule. Remember that your feet need time to adapt to the pressures and demands of your new **Therapeutic Inserts**.
- IF you have questions or concerns about your shoes or foot problems, please **CONTACT your footwear specialist!**

## Check the insert for

- Any loose attachments or padding
- Cracks, worn areas, sharp edges
- **Do not overtighten** shoes when wearing

## Check your skin for

- Abnormal redness
- Blisters or sores



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**Follow up Appointments:**

You have a follow up appointment at our office at: \_\_\_\_\_

On: \_\_\_\_\_ With: \_\_\_\_\_

Should you need to reschedule, contact us at: \_\_\_\_\_

**Specific Instructions:**

**I understand the instructions given to me today and those provided on this sheet.**

Signed: \_\_\_\_\_

**Patient (or Caregiver)**

Date: \_\_\_\_\_

Witness: \_\_\_\_\_

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