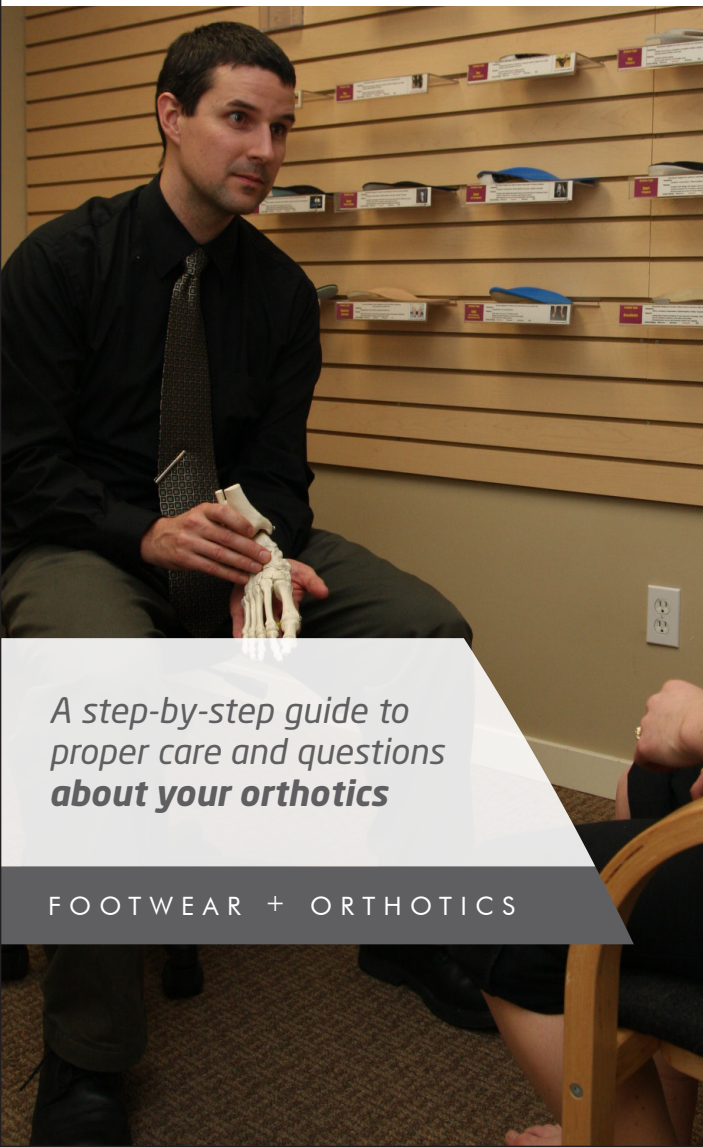




# Custom Foot Orthotics

## Break-In Procedures



*A step-by-step guide to proper care and questions about your orthotics*

FOOTWEAR + ORTHOTICS



### Vancouver

1201 W. Broadway  
t: 604-736-FEET

### Langley

5700 Langley Bypass  
t: 604-533-KNEE

### Surrey

13465 King George Blvd  
t: 604-584-KNEE

### North Vancouver

975 Marine Drive  
t: 604-980-KNEE

### Maple Ridge

#640-22709 Lougheed Hwy  
Valley Fair Mall  
t: 604-463-FEET

### Abbotsford

#1-2316 McCallum Road  
t: 604-859-2660

### Port Moody

#9-400 Capilano Road  
t: 604-800-FEET

### Richmond

#280-6091 Gilbert Road  
t: 604-274-3668

### UBC

UBC Hospital, 2nd Floor, Unit 2C  
2211 Wesbrook Mall  
t: 604-822-7988  
(By Appointment Only)

TRIDE LEAP EXERCISE RIDE SPRINT RUN LIVE BALANCE P  
ORT MOVE WORKOUT LIFT FIT MOVE TRAVEL WALK CA  
TEP BOUNCE LUNGE EXERCISE PERFORM STRETCH WO

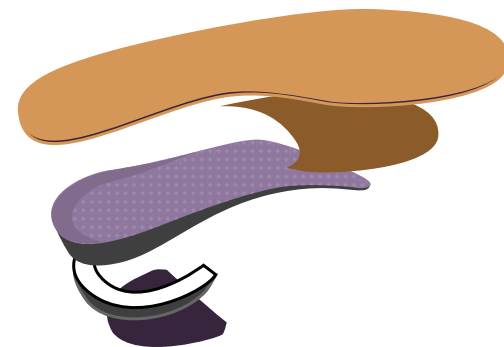


# Custom Foot Orthotics

## Custom-made vs. Non-custom

Orthotics are defined as any device used to support and align a part of the body. Custom-made foot orthotics are precision medical devices that are custom-made to correct your specific imbalance.

Beware of companies that provide only one type of orthotic or customized, non-custom-casted orthotics. True prescription custom-made orthotics are made from precise impressions of your feet.



Official Orthotic and Bracing Supplier for the BC Lions

[www.kintec.net](http://www.kintec.net)

# Custom Foot Orthotics

## What Are They Doing For Me?

Your orthotics are designed to align your feet in a bio-mechanically correct position. This helps to align your musculo-skeletal system, and reduce the physical stress on your body.

It takes time for your body to adjust to this change and also for the skin on your feet to get used to the contact from the orthotics.

## How Long Will It Take To Get Used To Them?

This varies from person to person, but it usually takes up to 3 weeks to get used to wearing orthotics. It is very important to follow the break-in procedure with orthotics. Wear the orthotics only while they are comfortable. This time may be anywhere from 15 minutes to several hours.

If the orthotics start to feel uncomfortable (such as a persistent pressure point on your foot) remove them from your shoes and try to let your feet rest for an hour or two. Following the rest period, place your orthotics back in your shoes.

It takes time for your body to adjust to wearing orthotics. Start slowly, and gradually increase the amount of time you wear them! You should be able to wear them comfortably all day within 2-4 weeks.

If you cannot do so, please contact your providing professional for further assistance.



## Orthotic Care

Remove your orthotics from your shoes at night to allow perspiration or wetness to evaporate. The orthotics should be cleaned periodically by wiping them down with a damp cloth.

If you have a soft top-cover on your orthotics, sprinkle them with baking soda or talcum powder to help absorb any odour they may collect.

**DO NOT IMMERSE THE ORTHOTICS IN WATER (I.E. SINK, WASHING MACHINE)**

**DO NOT SUBJECT THEM TO HEAT SOURCES (I.E. HEATER, FIREPLACE)**

## How Long Will My Orthotics Last?

The lifespan of your orthotics depends on the type of orthotic that has been designed for your feet:

- ▶ **Semi-Rigid / Semi Flexible Shells** generally last for a lifetime, but changes in your foot structure over time may require that you obtain an updated prescription. We recommend coming in for a re-assessment every 5 years.
- ▶ **Graphite Shells** will generally last for 2-3 years.
- ▶ **Soft Orthotic Shells** will generally last for 12-18 months.

The top part of the orthotics, called the top-covers, are the friction points between your foot and the orthotic. These covers are subject to the most break down from pressure and perspiration and they will need to be replaced periodically. The life of the top-cover depends on your body chemistry and activity level.

Top covers can be replaced at any Kintec location for a minimal charge.

## Can I Run/Exercise With Them Immediately?

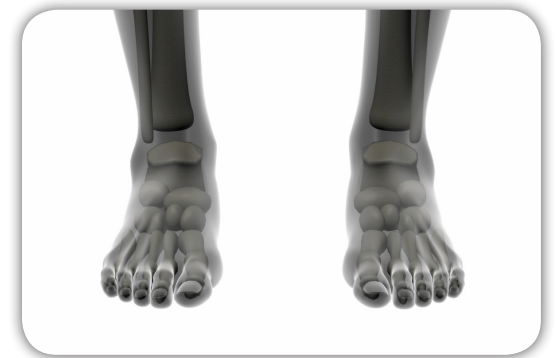
This is not recommended. It is best to let your feet and body adjust to the orthotics on a daily basis first, before subjecting them to the added impacts and forces associated with exercising.

## How Can I Stop Them From Squeaking?

Squeaking is caused by friction between the bottom surface of the orthotic, and the inside of the shoe. There are a few methods to eliminate squeaking if it occurs:

- ▶ Use **sandpaper** to rough up the bottom of the orthotic
- ▶ Shake **talcum powder** inside the shoe and on the bottom surface of the orthotic
- ▶ Rub a **bar of soap** on the bottom surface of the orthotic

If this problem persists, please bring your orthotics and shoes into the nearest Kintec location and a Human Kinectic specialist can help to fix the problem.



*helping people stay active,  
on their feet, for life*