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Lone Star Podiatry Orthotic Break In Protocol

- take out insert in shoe and replace with orthotic
- wear new orthotic 2 hours the first day and add 2 hours a day for the next week. It should be a week before you exercise in them
- Squeaking in the shoe is resolved with foot powder
- the functional plastic part of the orthotic will last adults 8-10years on average but the top cover may need to be replaced every year or two. Just bring them into the office and we will have them back to you in a week.
- A child's orthotics need replacement every 2 shoe sizes increased