



## Contact your foot care specialist directly

- If you have problems/questions.
- If you would like to repair your existing orthotics.
- If you would like additional pairs of orthotics for your other footwear.



## Peace of Mind Guarantee!

Langer's Peace of Mind Guarantee assures that the orthotics you receive meet your foot care specialist's prescription and instructions. We are committed to quality and service. We will work with your foot care specialist to make sure you receive the optimal value from our products.

### We Guarantee:

- Against defects in materials and workmanship for three months.
- Shells (the hard or rigid part of your orthotic) are guaranteed for the life of the device.
- Casts are archived for 2 years when you enroll in the PROTECT extended warranty insurance. Call PROTECT Customer Service 800.645.5520 for more information.

This guarantee does not apply to changes in your prescription. Although occasionally a suggestion or recommendation may be made by a Langer representative to a prescribing practitioner, this guarantee does not in any way express or imply Langer's responsibility for therapeutic results or wearer tolerance; both exclusive domain and under the control of the prescribing practitioner.

Intentional damage, gross alterations, or extreme unusual treatment and handling of these orthoses will void this guarantee.



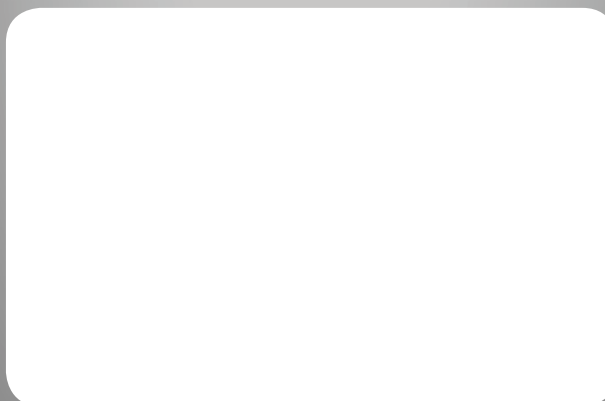
2905 Veterans Memorial Highway - Suite #2

Ronkonkoma, NY 11779

T: 800.645.5520

F: 800.419.0772

[www.LangerBiomechanics.com](http://www.LangerBiomechanics.com)



The OHI Family of Brands



## IMPORTANT INFORMATION ABOUT YOUR ORTHOTICS!





## Orthotics made precisely for you

Your health care practitioner has prescribed biomechanical orthotic devices for you. These custom foot orthotics have been designed for you based upon the degree of mechanical control you require, your activity level, your physical status and the type of footwear in which you will wear your orthotics. Wearing orthotics can help decrease or eliminate pain from corns, calluses and leg/joint/muscle fatigue. Professionally fitted orthotics can improve posture and correct overall anatomical misalignments that cause stress and pain in other parts of the body. When used for athletic activities, orthotics can reduce muscle fatigue and enhance performance.



## Breaking in your new orthotics

For optimal results it is critical that you break in new orthotics gradually. This can take 2-4 weeks. It takes time to correct a problem you have acquired over many years. You are teaching your body to move in a healthier way. It is not unusual to be conscious of your feet and “feel” the orthotics while your body is learning to walk in a better way.

### Normal feelings during the period of adjustment can be:

- A feeling of firmness or pressure in the heel.
- Mild to moderate pressure or support in the arch area.
- Mild awareness of the outer border and heel seats of the orthotics.



## Instructions

It is a good idea to purchase a new pair of shoes with adequate room for your orthoses. If this is not possible, make sure that the heels and soles of the shoes are not excessively worn. Before placing your orthotics in either new or old shoes, it is important to take out all removable inserts from the inside of the shoes.

Initially, wear your new orthotics over gradually increasing periods of time until you can wear them comfortably all day.

# of Days	# of Hours
1	1
2	2
3	3
4	4

Continue this pattern until you can wear your orthotics all day. If at any time your orthotics are acutely uncomfortable before you have reached maximum wearing time for the day, STOP wearing them. Subsequently, proceed to increase your wearing time by 30-60 minutes per day - if you are uncomfortable.

This pamphlet only suggests general guidelines. Your specific situation may be different. Remember to contact your health care practitioner for a consultation two to four weeks after receiving your orthotics.



## Helpful hints to assure your satisfaction

### Always bring your orthotics when buying shoes

Remember, shoes with deeper heel seats (depth in the back of the shoe) and higher heel counters (the outer part of the shoe that supports the back of your foot) will enhance the success of your orthotic.

### Low cut / Women's Shoes

Your heel may slip out of the shoe, especially if they are step-in shoes. If this happens, try other shoe styles.

### Cleaning

If necessary, wipe the surface with a damp, not wet cloth. Never soak your orthotics in water.

### Remove your orthotics from your shoes overnight

Daily “airing” will enhance both the life of your orthotic and the life of your shoes.

### Get professionally reevaluated every year

See your foot care specialist at least once a year. Make an appointment sooner if you've experienced weight gain, become pregnant, or are injured. Bring your orthotics and the shoes in which you wear them each time you visit.

### Squeaking.

Occasionally, your orthotics may “squeak”. If this occurs, dust baby powder in your shoes before putting the orthotics inside. Applying soap or wax to the edges of the orthotic also works.