

## HOW TO CLEAN YOUR ORTHOTICS

1. Remove the orthotics from your shoes.
2. Wipe orthotics with a damp cloth.
3. Allow them to air dry.



## DO NOT:

- Machine wash
- Submerge orthotics in water
- Wash with hot water
- Expose to harsh chemicals
- Expose to high heat such as a hair or clothes dryer
- Dry in direct sunlight



High heat can cause the shape of the orthotics to warp and excessive exposure to water can cause the adhesion to lose its effectiveness.



# PedAlign

— An OHI Company —

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PedAlign



safestep  
PREVENTION PAYS



# PedAlign



## CUSTOM ORTHOTICS

# USE & CARE GUIDE

# PedAlign



An OHl Company

We are very pleased that you and your doctor have chosen PedAlign for your custom orthotic needs. Together with your doctor, we believe that we are delivering the best possible customized medical device for your feet. This short brochure will provide you with some general information about wearing orthotics and how to maintain them.

## STEP 1



Your new set of PedAlign orthotics will contain a **LEFT** and a **RIGHT**.

## STEP 4



Slowly trim the outside line with a pair of scissors.

## STEP 2



Remove the original insert from your shoe.  
*\*Some shoes may have glued liners and these may need to be removed to provide enough space for your new orthotics.*

## STEP 5



Slide the PedAlign orthotic into your shoe as shown.

## STEP 3



Lay your original shoe insert on top of the PedAlign orthotics to see if the orthotics needs to be trimmed.

## STEP 6



Push the heel down to make sure the orthotic is completely in the shoe.

## ORTHOTIC BREAK-IN PERIOD:

Your new orthotics will take some time to get used to. It is recommended that you wear them for one hour on Day 1 and gradually increase by an additional hour each day, over a two-week period.

### WEEK 1

DAY 1 1 HOUR

DAY 2 2 HOURS

DAY 3 3 HOURS

DAY 4 4 HOURS

DAY 5 5 HOURS

DAY 6 6 HOURS

DAY 7 7 HOURS

## COMMON CONDITIONS:

Below are just a few of the common aches and pains our insoles can help relieve:

If you have any questions please contact your provider for more information.



Shin Splints



Achilles Tendonitis



Knee Pain



Back Pain



Heel Pain



Forefoot Pain

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**WWW.PEDALIGN.COM**