

# ALPHAFOOT ORTHOTICS INTERNATIONAL

## PATIENT INSTRUCTION SHEET

(GUIDE ONLY)

### Initial "Break-in" Period

- DON'T wear the devices all day initially.
- Wear the devices for a maximum of two hours on the first day.
- Each day increase the time of wearing by one hour;  
i.e. Day one – two hours. Day two – three hours;  
Day three – four hours, and so on.

Most wearers will be comfortable within two weeks but others may require longer.

INITIALLY CHILDREN should wear the devices at home until they have enough hours up to wear them all day at school.

This way they won't be lost by taking them out of the shoes.

ORGANISED SPORT should NOT be played in the devices for two weeks and then only if they are comfortable.

A slow build-up program should be adhered to:

*Day one* – warm up only.

*Day two* – warm up and 1/4 of activity.

*Day three* – warm up and 1/2 of activity, and so on.

**Any questions concerning your devices should be directed to your prescribing practitioner.**

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