



Therapeutic Footwear (shoes)



Therapeutic footwear is designed to provide the correct balance of pressures for your feet. Shoes are worn when you are up and out of bed.

The shoes are always worn with stockings or seamless socks.

The shoes may have laces, velcro, or a combination of both to hold them on your feet.

Always follow specific instructions given to you by your doctor and practitioner.

What does it do?

Depending on your condition the shoes may be designed to:

- Provide necessary support for your feet.
- Offer relief from pain.
- Redistribute pressures.
- Correct mal-alignment of your feet.

Wearing and Break-in Schedule

Completely remove your stockings/socks and shoes, and examine and check your feet and legs after wearing your shoes ***each and every time!*** Using a mirror may be helpful if you have difficulty seeing any areas on your foot or leg. Any areas of pink should fade away after 10-15 minutes. If marks do not disappear after 10-15 minutes, or if you observe deep red marks, blisters, or bruises, contact your practitioner immediately. If you have any questions or concerns ***do not*** wear the shoes until you follow up with your practitioner.

Use the following schedule as a “break-in” schedule to allow your feet time to adapt to the new pressures and demands of your new shoes.

Day 1 – Wear shoes for 1 hour.

Day 5 – Wear shoes for 5 hrs.

Day 9 – Wear shoes for 9 hrs.

Day 2 – Wear shoes for 2 hrs.

Day 6 – Wear shoes for 6 hrs.

** Continue to add 1 hour each

Day 3 – Wear shoes for 3 hrs.

Day 7 – Wear shoes for 7 hrs.

day until full wear is achieved. This

Day 4 – Wear shoes for 4 hrs.

Day 8 – Wear shoes for 8 hrs.

usually takes at least 2 weeks

Precautions

Prior to wearing the shoes, it is important to check the following things with the shoes and on your feet.

- Make sure the shoes are clean and dry.
- Make sure there are no cracks, rough edges, or worn areas on the shoes.
- Make sure there are no foreign objects in the shoe.
- Make sure your skin is clean and dry.
- Examine the skin on your feet and legs and look for abnormal redness, blisters or sores ***after each and every time*** you wear them. Pay particular attention to the areas between your toes and the sole of your foot. Using a mirror may be helpful if you have difficulty seeing any areas on your foot or leg.
- Shoes are designed to always be worn with stockings or seamless socks.

** If you find any areas of concern or have questions, **contact your practitioner before wearing the brace.**

How to apply your shoes.

Apply a clean and dry stocking or sock. Make sure the heel of the stocking or sock is over the heel of your foot and is wrinkle free. Insert your feet into the shoes. Fasten the shoes comfortably. **Do not overtighten** the straps or laces.