

**PALISADES PODIATRY ASSOCIATES, L.L.P.**

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## **ORTHOTIC INSTRUCTIONS**

- 1.** Initially you should be wearing your new orthotics for approximately one hour the first day, two hours the second day, three hours the third day, etc. **Note:** If you do not experience any discomfort, continue to wear your orthotics throughout the day. If any painful feelings arise, immediately remove the orthotics from your shoes and try again the next day. If the problems continue to persist, stop wearing your orthotics and call our office. Your goal is to be wearing your orthotics all day without any discomfort.
- 2.** Always wear socks or stockings to avoid and minimize irritation of the skin.
- 3.** Certain shoes will not accommodate your new orthotic devices. You should consult with our office about the types of shoes that are recommended for proper fit and function of your new devices.
- 4.** On rare occasions your custom orthotics may make unusual noises such as squeaks. This is the result of your orthotic materials rubbing against your shoe material - especially leather. We suggest you try sprinkling talcum or baby powder into your shoes to reduce the friction between the two materials. After sprinkling the powder, place your orthotics back into your shoes.
- 5.** Should your orthotics start to wear or appear to be breaking down, do not try correcting the problem yourself. This would cause improper function and void any implied or extended warranties. All adjustments to your orthotics must be done by your podiatrist and sent back to the lab for adjustment.