

Your Orthotic Wear-In Guide

How to Start Wearing Your New Foot Orthotics Comfortably

New foot orthotics change the way your feet are supported and the way forces are distributed through your feet, ankles, knees, and hips. Even when everything is made exactly right, your body needs time to adapt. Following the wear-in guide below will help you get the best results and avoid unnecessary discomfort.

1 Your Wear-In Schedule

Week	Daily Wear Time	What to Expect
Week 1	2 hours per day	Your feet and lower limbs are getting used to the new position and support. Some mild achiness in your arches, calves, or knees is normal. This is your muscles and joints adapting.
Week 2	4 hours per day	Most people notice discomfort reducing by the end of week 2. If discomfort is increasing or there is a sharp pain at any point, stop wearing and contact us.
Week 3	6–8 hours per day	You should be feeling more comfortable and beginning to notice the benefits: reduced pain, improved stability, or less fatigue with walking.
Week 4+	Full day as needed	Most people can wear their orthotics all day by week 4. Continue to build up as feels comfortable for you.
Exercise / sport	Introduce gradually during week 3	Start with lighter activity in your orthotics before progressing to running or sport-specific activities. If you experience any new pain during exercise, return to shorter wear times and contact us.

Your pace is the right pace

Everyone adapts at a different pace. The schedule above is a guide, not a strict rule. If you find the first two hours comfortable from day one, you can progress slightly faster. If you are still uncomfortable at week 3, slow down and contact us.

2 Footwear: Getting the Right Fit

What to Look For	Why It Matters
Removable insole	Most orthotics replace the existing shoe insole. Remove the standard insole before inserting your orthotic so the device sits at the correct depth in the shoe.
Enough depth in the shoe	The orthotic adds volume. You should be able to lace the shoe fully and still have around 1cm of space above your toes. If the shoe feels too tight with the orthotic, you may need footwear with more depth.
Firm heel counter	The heel cup at the back of the shoe should feel firm. A collapsed heel counter means the shoe cannot support the rearfoot correction the orthotic is designed to provide.
Lace-up or adjustable fastening	Shoes with a lace or adjustable strap allow you to accommodate the orthotic volume comfortably. Slip-on shoes often provide insufficient hold.
Avoid high heels during wear-in	High heels alter the mechanics of the orthotic and may cause discomfort. Wear heels only once you are fully comfortable in your orthotics and have discussed this with your clinician.

3 Common Questions

Question	Answer
My arch feels uncomfortable. Is this normal?	Mild arch discomfort is very common in the first two weeks, especially if you have had flat or low arches all your life. The orthotic is gently repositioning your foot. If the discomfort is sharp, severe, or does not reduce by week 3, contact us.
My calf or knee feels different. Should I be worried?	A change in how your calf or knee feels is expected — the orthotic changes the mechanics all the way up your leg. Mild achiness is normal. Sharp or worsening pain in any joint that persists beyond week 2 should be reported to us.
Can I wear them in any shoes?	Your orthotic is designed for specific footwear types (discussed at your appointment). Generally, the orthotic works best in a lace-up shoe with a removable insole. If in doubt, bring the shoes to your next appointment.
What if they feel too uncomfortable to wear?	Stop wearing them and contact us. This is important feedback. It may mean a minor adjustment is needed, or the wear-in period needs slowing. Do not push through significant pain.
How long will they last?	Most orthotics last 1–3 years depending on activity level, materials, and body weight. The top cover typically wears faster than the shell. We can replace the top cover without replacing the whole device. Review annually.
Can other family members wear them?	No. Your orthotics are made specifically for your feet and prescription. Wearing another person's orthotics could cause injury.

4 When to Contact Us

Please get in touch if you notice any of the following:

- Sharp or severe pain in any joint during or after wearing
- New skin redness, blistering, or pressure marks on your feet
- Numbness or tingling in your feet or toes
- Pain that is getting worse over time rather than settling
- The orthotic feels loose, cracked, or is moving excessively in your shoe
- Any concern at all — there are no silly questions during the wear-in period

Your review appointment

Your 6-week review appointment is your opportunity to tell us how the orthotics are working. Please note down any discomfort, what activities triggered it, and when it occurred. This helps us make any adjustments quickly and accurately.