

DIABETIC SHOES & INSERTS AFTER-CARE

Diabetic Inserts

Switching Pairs

Depending how many inserts your physician requested for you, there may be up to 3 pairs of inserts included. *Each pair is meant to last for up to 4 months* before it is recommended that you switch them out for a new pair of your diabetic inserts.

Using Your Diabetic Inserts in Non-Diabetic Shoes

If you would like to use your diabetic inserts in your other shoes, please take the thickness of the diabetic inserts into account and how much depth your other shoes allow for. If you are unable to fit your foot in the shoe, *remove the manufacturer insoles.*

Spacers



These are optional. *Diabetic shoes are made to provide extra-depth* to accommodate for any swelling, bony prominences, deformities, or pathologies. Should you feel as though the fit of your shoes is slightly loose and/or you feel as though your heel is sliding up and down, *place the spacers underneath your diabetic inserts* in your shoes to tighten up the fit.

Diabetic Shoes

Ensuring Proper Fit

Try on your shoes in a *standing* position. There should be $\frac{1}{4}$ "- $\frac{1}{2}$ " of space ahead of your longest toe to the tip of the shoe. Please bear in mind that your shoes *may feel a lot more rigid in the beginning* because they are new. Overtime as you break them in, the feel will soften. If your feet are more sensitive, it is advised that you *slowly* break into your shoes by wearing them for only an hour the first day, and adding an hour for each day after.

For further assistance, please contact:

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