



CUSTOM FUNCTIONAL FOOT ORTHOTICS (FFO) AFTER-CARE

Your FFOs are designed to be interchangeable from shoe to shoe. However, please take the *depth* of your shoes into account. If you are unable to fit your foot inside the shoe when using the FFO, *remove the manufacturer's insoles* altogether and replace with your FFOs.

Fitting the FFOs Inside Your Shoes

It is normal for your FFOs to come back slightly larger than your actual foot size. Manufacturers do so to ensure that our modifications can provide a more custom fit. To trim them down to size, take your shoes' original insoles, place them on top of your FFOs, trace, and trim as needed.

Breaking-In to Your FFOs

If you're transitioning from off-the-self inserts bought in-store/online, or if this is your first time wearing FFOs, please understand that *there will be an adjustment period because your feet are not accustomed to the support and functions of your FFOs*. While you should NOT feel any pain, your FFOs may feel a bit "awkward" in the beginning until you've grown accustomed to them. The circled area in the diagram below indicates the general area where you should feel the support.



If your feet are more sensitive, please use your FFOs for only an hour the first day and add another hour for each day after.

For further assistance, please contact:

TeleHealth Care Coordinator:

Tiffany Hung, CFO, CFts

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