



Fixing Feet Institute  
14823 W. Bell Rd., Suite 100  
Surprise, AZ 85374  
Phone: 623-584-5556  
Fax: 623-584-0755

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## **BREAK-IN INSTRUCTION FOR NEW SHOES**

Congratulations on receiving your new shoes. They have been selected to provide you with optimum comfort and protection. In order to receive the greatest benefit from this footwear, please follow these suggested guidelines.

### **Getting used to your shoes**

People with a loss of sensation to their feet tend not to react to pressure whereas those with normal sensation will alter their walking or change their shoes in response to the same conditions. People with some feeling in their feet but not all, may have a false sense of security as to how much risk their feet actually are. An ulcer under the foot can develop in a couple of hours even if the shoes are expertly fitted or custom made. In order to best avoid any irritation, please adhere to the following break-in schedule:

|            |   |
|------------|---|
| FIRST DAY  | One Hour - Check after wearing by removing your shoes and socks and looking at your feet.       |
| SECOND DAY | Two Hours - Check each hour by removing your shoes and socks and looking at your feet.          |
| THIRD DAY  | Three Hours - Check after two hours by removing your shoes and socks and looking at your feet.  |
| FOURTH DAY | Four Hours - Check after three hours by removing your shoes and socks and looking at your feet. |
| FIFTH DAY  | Five Hours - Check after three hours by removing your shoes and socks and looking at your feet. |

Continue break-in period, adding an additional hour each day, until you are wearing them full-time. Continue to check after three hours of wear each day by removing your shoes and socks and looking for any redness or irritation.

IF AT ANY TIME YOU SEE RED SPOTS OR DARKNESS ON THE TOES OR OTHER BONY AREAS WHILE BREAKING IN YOUR SHOES - DISCONTINUE WEARING THE SHOES AND NOTIFY OUR OFFICE AT 623-584-5556 FOR AN ADJUSTMENT APPOINTMENT.

Please keep scheduled follow-up appointments so that we can evaluate your progress and assure your satisfaction.

Even following an uneventful break-in period, problems can occur as a result of excessive wear, objects that fall into the shoe or wrinkles in the socks.

BE SURE TO INSPECT YOUR FEET EVERYDAY.

### **Follow-Up**

A key to ulcer prevention is regular evaluation of your feet. Every two-three months you should be evaluated in our office. It is critical that your shoes remain in good repair and fit properly, even if your feet do not change in size. Medicare patients are entitled to one pair of shoes per calendar year.

### **Return Policy**

Shoes may be returned within two weeks of dispensing as long as shoes are in good condition, i.e. no scuffmarks, outside dirt or obvious wear on the soles. We strongly urge you to wear these shoes in your home for the first two weeks during the break-in period.

We are confident that you will find your new shoes both comfortable and effective. Any problems or questions, please call our office at 623-584-5556.