

A GUIDE TO CUSTOM FOOT ORTHOTICS



An overall guide to your orthotics and how to break them in properly



BREAK-IN PROCEDURES

HOW LONG WILL IT TAKE TO GET USED TO THEM?

This varies from person to person, but it can take up to 3 weeks to get used to wearing your new orthotics. It is very important to follow the break-in procedure with orthotics to minimize the risk of discomfort or injury.

Your new orthotics will likely feel different or 'weird' in your shoes but they should not be uncomfortable.

STAGE 1: CASUAL USE

Wear your orthotics for short periods of time as comfort allows. Start with 1 hour the first day, then increase by an hour each day if comfortable. Remove your orthotics as soon as they start to feel uncomfortable and give your feet a rest for 2 hours. Following the rest period, place your orthotics back in your shoes.

Within 3 weeks, you should be able to wear your orthotics all day.

STAGE 2: STRENUOUS ACTIVITY AND WORK

Stage 2 starts when you can wear your orthotics all the time for casual use. Follow the steps of Stage 1 to introduce your orthotics into your sporting or strenuous work activities.

If you are in a sports team, it is a good idea to get used to your orthotics during practices before wearing them in a competitive situation.

If you are not able to increase the time wearing your orthotics each day or you are not able to wear your orthotics comfortably after 3 weeks, contact your Kintec Pedorthist to book your free adjustment consultation.



2ND PAIR SPECIAL

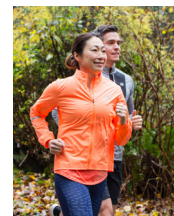
There are discounts available for your 2nd pair of orthotics. Ask your pedorthist for more information.

ACTIVITY SPECIFIC ORTHOTICS

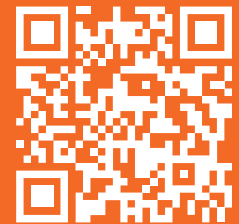
Our custom orthotics are made to suit not only your medical needs, but also your lifestyle and activities. Each orthotic design is optimized for the specific sport, activity, or medical conditions.

Here are the different orthotic types we offer:

- Running
- General Sport
- Cleated Footwear
- Business Casual
- Walking
- Skate
- Industrial / Work
- Dress Shoes
- Sensitive



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KINTEC APPROVED SHOES

Be sure to pair your orthotics with orthotic-friendly shoes. Kintec’s team of university-trained Fitting Experts, national calibre athletes, and Canadian Board-Certified Pedorthists cherry-pick only the best shoes from each manufacturer’s product line-up. Whether you run or walk, our approach is to make your efforts fun, safe, and enjoyable. Get the right shoes for your feet and body from the most knowledgeable staff in the industry!

See our footwear selection and more at shop.kintec.net

COMFORT GUARANTEE

At Kintec, we want you to feel confident with your custom orthotics purchase. This is why we offer our Comfort Guarantee to ensure that your orthotics will fit and function appropriately.

If your orthotics don’t improve your overall comfort, we guarantee we will work with you and your referring medical professional to find a solution or you will get your money back!

See kintec.net/comfort-guarantee for details.

CLEANING

Remove your orthotics from your shoes at night to allow perspiration or wetness to evaporate. The orthotics should be cleaned periodically by wiping them down with a damp cloth.

If you have a soft top-cover on your orthotics, you can sprinkle it with baking soda or talcum powder to help absorb any odour they may collect.

Never immerse the orthotics in water (sink, washing machine). Never subject them to a heat source (heater, fireplace).

1 YEAR FREE ADJUSTMENTS

Kintec offers an industry-exclusive 1 year period of free adjustments to your custom foot orthotics. We’ll keep working with you to ensure that you get the best fit possible.

What if I can’t get used to my orthotics?

It takes time for your body to adjust to wearing orthotics. Start slowly, and gradually increase the amount of time you wear them! You should be able to wear them comfortably all day within 2-4 weeks.

If you cannot do so, please contact your providing professional for further assistance.

ORTHOTICS LIFE CYCLE

While some materials in your orthotics can last a life time, changes in your foot structure may require you to obtain an updated prescription.

Top-covers are also subject to the most break down due to pressure and perspiration. They will need to be replaced periodically. The life of the top-cover depends on your body chemistry and activity level but stop by any Kintec locations and we will be happy to take a look.

Top covers can be replaced at any Kintec location for a minimal charge.

FREE RE-ASSESSMENTS FOR LIFE

After your 1 Year Free Adjustments period expires, we offer free re-assessments on your orthotics for life!

This means that if you EVER have a concern about your custom orthotics, you can book an appointment with a Certified Pedorthist at absolutely no charge.

Book online at kintec.net/booknow

QUESTIONS?

Please feel free to contact us if you have any questions.

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