Custom Orthotics - Break In Instructions

It is very important to wear your new orthotics gradually over the next few weeks. You will be re-training muscles you have not used in a long time.

Without Orthotics:

Patient with no orthotic bending knee slightly with one leg. Knees do not line up with foot. This causes knee, hip & back pain.

With Orthotics:

Patient wearing custom orthotics. The knee lines up with the foot, however, the muscles are weaker due to incorrect usage. It will take time to break in the orthotics and feel comfortable.

Below is a recommended time schedule to get adjusted to the devices. You might experience some foot, leg, hip or back pain during this transition, even when wearing the orthotics gradually. This is common and usually takes 3-4 weeks to break in the orthotics.

Everyday you should increase the wearing time according to the following schedule:

<table>
<thead>
<tr>
<th>Day</th>
<th>AM</th>
<th>PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>½Hour</td>
<td>½Hour</td>
</tr>
<tr>
<td>2</td>
<td>1Hour</td>
<td>1Hour</td>
</tr>
<tr>
<td>3</td>
<td>1½ - 2 Hours</td>
<td>1½ - 2 Hours</td>
</tr>
<tr>
<td>4</td>
<td>3 Hours</td>
<td>3 Hours</td>
</tr>
<tr>
<td>5</td>
<td>4 Hours</td>
<td>4 Hours</td>
</tr>
<tr>
<td>6</td>
<td>5 Hours</td>
<td>5 Hours</td>
</tr>
<tr>
<td>7</td>
<td>6+ Hours</td>
<td>6+ Hours</td>
</tr>
</tbody>
</table>

Continue to increase the wearing time following the same pattern above.
Warranty

This Warranty applies to custom orthotics made by Forward Motion Medical.

What Does This Lifetime Warranty Cover?
This warranty covers any defects and/or breakage of the custom orthotic.

What Will We do to Correct The Problem?
Forward Motion Orthotics will repair or replace the entire custom orthotic at no charge if the shell is defective, cracked or broken under normal use.

How Long Does the Coverage Last?
The shell is covered under a lifetime warranty, and the other materials are covered for 60 days.

What is Not Covered by the Warranty?
After 60 days this warranty does not cover any materials except for the shell. Complete referbs are available, please contact your Doctor for more information.

What You Have to do?
If you are a patient:
To obtain warranty service, you must first contact your Doctor to confirm the defect. Next your Doctor will contact Forward Motion Orthotics to complete the warranty process.

If you are the prescribing Doctor:
Please contact us for a return shipping label and additional information.

Please contact the doctor’s office with any questions or if you are experiencing any problems.

Medical Practice Name:

Patient Name:

Date:

Patient Signature:

Phone: (800) 301-5835
www.fdmotion.com