



Everett
1300 44th Street SE
Everett, WA 98203
Phone 425-339-2559
Fax 425-339-1583

Bellingham
3106 Northwest Ave
Bellingham, WA
98225
Phone 360-734-0298
Fax 360-734-9679

Mt. Vernon
1520 Roosevelt Ave
Mt. Vernon, WA
98273
Phone 360-416-6505
Fax 360-416-8241

Edmonds
7631 212th Street
SW, STE 102A
Edmonds, WA 98026
Phone 425-776-1247
Fax 425-776-8045

Sequim
566 N Fifth Ave
Sequim, WA 98382
Phone 360-797-1001
Fax -360-797-1003

Spokane
101 E Hastings Rd,
STE J
Spokane, WA 99218
Phone 509-620-9362
Fax 509-505-0912

**INSTRUCTIONS FOR
WEARING FOs (FOOT ORTHOSES)
or CUSTOM ARCH SUPPORTS**

It usually takes approximately one to six weeks for you to become accustomed to wearing the devices. During this adjustment period, there may be some discomfort or direct irritation to the skin. To minimize discomfort, the following instructions will be helpful.

1. Wear the devices ½ hour the first day, 1 hour the second day, increasing the time by one hour each day so that by the end of the first week you are wearing the devices seven hours a day.

Children often adapt more rapidly than adults.

The program is not necessarily strict. It may be necessary for you to divide the wearing time during the day. Do not be discouraged if your adjustment period is slower than the aforementioned schedule.

2. You may perform sporting activities while wearing the devices after the one week “break-in” period if they are comfortable.
3. The devices should not be worn directly against skin. Wear stockings to minimize skin irritation.
4. Remove all arch supports, inserts, or arch cookies from the shoes prior to installing the devices so that they lay flat in the shoes.
5. The top surface must be cleaned regularly! Use a warm damp washcloth – hot water will damage them. Do not immerse the entire orthotic in water, i.e. puddles, etc. The top layer may come loose and need replacing.

WHEN SHOULD I CALL CORNERSTONE?

1. If you see areas that are causing skin irritation, rubbing, blisters or bruising.
2. If you undergo significant weight or volume change that causes your device to fit too tight or too loose.
3. If you experience pain, numbness, or tingling from the device.
4. If you have any questions, call the correct office listed above.

If you have any problems with the use of your device; discontinue using it immediately and contact Cornerstone.

PLEASE CONTACT YOUR PHYSICIAN SHOULD YOU HAVE A CHANGE IN YOUR GENERAL HEALTH.

Signature _____ **Date** _____