



Talanton Foot Orthotics
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Custom Molded Foot Orthotics - Break-in, Wear & Care Information

If you are new to custom molded foot orthotics (FOs), you're going to need to be patient as you work through a "break-in period." Your feet have been acting and functioning in a specific way for years, and the foot, knee, and lower back pain you may be experiencing is often the result of misaligned foot structure. Ultimately, your new FOs are meant to realign your feet, as well as your body, and this realignment will eventually relieve your pain and fatigue, all while you break in *your body* to the orthotics themselves.

For some of you, your new FOs *may* feel uncomfortable at first; for others, they will feel great! Regardless of what they feel like right off the bat, it is so important to ease your body slowly into wearing them. The orthotics change your foot posture when you walk and the way the muscles in your feet work, essentially modifying the way your foot has been functioning since you began walking. Be aware - it *can* take some time to get used to your new orthotics, but they'll make a world of difference for relieving your pain and establishing greater stability, better balance and improved posture.

We suggest you begin breaking in your orthotics by wearing them only for 1 hour the first day, to start. This is an introductory period. The easiest schedule to follow as you continue with using your new orthotics is to increase your wear time by 1 hour each day, following - 2 hours the 2nd day, 3 hours the 3rd, and so on, up to 7-8 hours by the end of week 1. Please don't be discouraged if you don't get used to them right away. It *can* take up to 4 weeks before you actually feel completely comfortable wearing your orthotics all day long. Most new users get comfortable wearing them in just 3 to 7 days. We also suggest you do not wear them for any strenuous physical activity until you feel completely comfortable with them all the time & while walking. If you overdo it, you may experience sore feet, ankles, knees, hips, and even lower back pain. These are clear signs that you've worn your orthotics too much, too soon. Return to wearing for shorter periods of time and increase daily for another week. Don't skip days - continue to use daily to improve your tolerance.

Talanton Foot Orthotics Warranty Statement

Thank you for your purchase of our handcrafted, custom-molded foot orthotics. We hope you enjoy years of functional foot support and a measurable degree of balance & stability improvements when using your orthotics. Proper footwear, those shoes that provide the roominess to accommodate the orthotics and present adequate support for your feet, will be a requirement. The following is an explanation of our warranty guidelines:

#1) There is a 3-month warranty which covers manufacture defect or material breakdown from the date of delivery. Any defect will be repaired or replaced if deemed necessary.

#2) Included in our warranty and our service are free adjustments (limited to 3) if required, by providing at-home modifications and adjustments to the orthotics in an effort to reach an improved level of functional benefit, including a measurable degree of comfort when using the orthotics in appropriate, proper fitting & supportive shoes.

#3) If, after 3 adjustments, we are not able to achieve an acceptable degree of satisfaction with the orthotics, we will consider fabricating a second pair of orthotics, with changes and modifications to the foot molds and finished orthotics at no additional charge. The old orthotics will be destroyed.

#4) With a replacement set of foot orthotics fabricated and fitted/delivered, we will allow 1 additional in-home adjustment. If we are not able to provide you with an acceptable set of foot orthotics at this time, we will issue a refund of the purchase price, minus \$75 for materials. The 2nd pair of orthotics will be retrieved and destroyed.

Surrendering the inadequate foot orthotics is an absolute requirement before completing the refund process.

Thank You very much for your business!

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