



Fencer's Orthotics™: Breaking-In

If you're new to wearing orthotics, starting with daily-use devices is a practical first step. These are designed for everyday activities and help your body adapt gradually to the changes in foot alignment. Once you are comfortable with daily-use orthotics, transitioning to sport-specific orthotics becomes smoother. Without this foundation, adjusting to sport-specific orthotics could take longer.

BREAKING-IN DAILY USE ORTHOTICS

Follow this step-by-step guide for daily use:

- 1. Day 1:** Begin with 15-30 minutes of general use (walking around the house, running errands, etc.) and stop if you experience discomfort.
- 2. Increase Gradually:** Each day, add another 15-30 minutes as long as you're comfortable.
- 3. Maintain Comfort Levels:** If you feel discomfort, stick to the previous day's duration until your body adapts.
- 4. Full-Day Usage:** Once you're comfortable wearing the orthotics all day for a week, you can consider incorporating them into more strenuous activities like running or standing for long periods on hard surfaces.

INTRODUCING SPORT-SPECIFIC ORTHOTICS

Sports-specific orthotics, such as the Fencer's Orthotics™, provide additional modifications tailored to your sport. They will need additional break-in whether or not you have daily use orthotics. Here's how to break them in effectively:

1. Initial Use:

- Start by wearing them at home in your fencing shoes for 15-30 minutes each night.
- Gradually increase usage by 15-30 minutes daily, depending on your comfort and tolerance.

2. Practice:

- Once you can wear sport-specific orthotics for three hours comfortably at home, begin incorporating them into footwork practice.

3. Competition Readiness:

- Your readiness for practice bouts and competition will depend on your comfort level.
- Ensure a pair of daily-use orthotics supports the break-in process for your sport-specific devices.

Managing Expectations

Orthotics represent a long-term commitment to improving your biomechanics. Don't expect immediate performance changes on the first day of use. It typically takes 2-4 weeks to adjust fully, even if you've worn orthotics before but are now using a new set based on a recent foot scan.

Always report points of discomfort "hot spots" to Fencer's Orthotics™ so that they may address the condition.