

Althea's Footwear Solutions, Inc.

Althea's Footwear Solutions

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Instructions for Wearing New Pedorthic Device

General Information: Pedorthic devices include therapeutic shoes, shoe modifications and foot orthoses. Your footwear has been prepared by skilled technicians in accordance with your physicians instructions.

A break in period is necessary. (Diabetic patients or patients with neuropathy please see next section.)

It will probably take up to two weeks for you to become used to the way your new Pedorthic devices feel. After that time you should be comfortable and have partial to total relief from a foot problem(s). If not, return to this facility for further evaluation and adjustment. The adjustment may be needed to improve your pedorthic device's function.

Special Instructions for patients with diabetes and neuropathy:

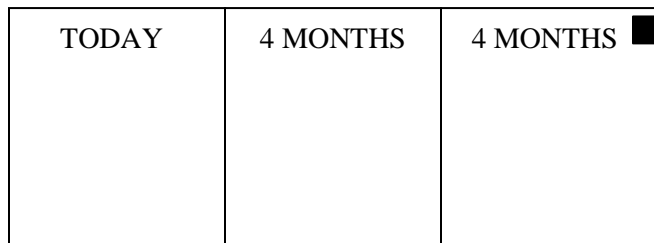
Wearing Time:	Day 1 one hour	Day 4 four hours	Day 7 seven hours
	Day 2 two hours	Day 5 five hours	Day 8 full day
	Day 3 three hours	Day 6 six hours	

Add one hour to wearing time each day until you have reached a full 8 hours. Remove your pedorthic device to examine your feet. Check for anything that looks different or out of the ordinary that may result in cuts, scratches, blisters, etc. Look for swelling, redness or rise in temperature. If you find anything out of the ordinary, discontinue use immediately. Come in so that we may determine the cause and improve the function of your device. If you are unable to examine your feet or footwear, get someone else to look at them for you.

Maintenance: Your pedorthic device will require periodic maintenance; which may include repairing due to normal wear and tear as well as updating your device to keep current with your requirements. It is important for you to continue to examine your feet and footwear as long as you own the device(s).

Most therapeutic shoes are manufactured from leather which can be water proofed at your discretion. The leather should be polished or conditioned periodically to maintain pliability. Maintenance of footwear is not covered by any insurance company. Therefore, any cost incurred is the responsibility of the patient. Most manufacture's defects will be taken care of in a manner appropriate for the defect. Excessive wear or abuse is the responsibility of the patient.

Medicare Patients: If you were fortunate enough that your insurance covers three pair of orthoses per year, then you should change your orthoses every (4) four months. Mark on your calendar four months out from today and put "change shoe inserts", then mark four months out from that date and again put, "change inserts". You can rotate your old orthoses into your older shoes that you only wear once in a while. This is an annual benefit. You can get these once a year with a updated prescription.



CHANGING INSERTS SCHEDULE

*Call us and ask us to mail you new diabetes paperwork to take to your doctor. We cannot fax it straight to your doctor.
*Call & schedule a diabetic foot checkup with your diabetes doctor.
*During your appointment, ask the Doctor to fully document all foot problems including any callus in their chart notes.
*After your appointment, call us to schedule your next yearly appointment.

Emergency after hours: althea@altheas.net