

## Arch Support



### Care and Use Instructions

1. This arch support is designed to give support to the arch area of the foot.
2. Sometimes the extra support under the arch is used to relieve stress on stretched tendons, support fractured bones, or take weight off tender areas. Other times the supports are used to influence the roll of the foot. Sometimes they are designed to resist an arch that is rolling over. Ultimately, the arch support can do several of these functions at once.
3. Remember that it is best to break-in the arch support. Your problem did not develop overnight, so it will not be corrected overnight. It takes time to allow your foot get used to the new forces placed on it by the arch support. Sometimes, it may take more than a week to get full-time wear.
4. Make sure that the supports are back in the heel of the shoe to insure that it is supporting your foot properly.
5. If you have any problems or questions, call Morgantown O & P Center at: (800) 598 - 6673 to discuss your situation.