



Custom Molded Foot Orthosis (CMFO) Wearing Schedule

Below is a wearing schedule outline for the orthoses you have just received from our facility. Unless otherwise informed, please follow these guidelines as they will provide the best results in the wearing of your orthoses.

Upon removal of your orthoses, please note the following:

- Any areas of redness where the orthoses makes contact with your skin. These areas of redness should disappear within 30-40 minutes after removing the orthoses. However, if these areas do not fade within 1 hour, please call our office.
- Any areas of excessive pressure contact or soreness while wearing the orthoses or when the orthoses is removed during the day. Slight soreness is normal and common as your body adjusts to your new orthoses. However, if either the soreness or pressure becomes excessive, please call our office.

If you have any questions or concerns regarding this schedule or your orthoses, please call our office at the above phone number and speak to a practioner.

Week 1

Week 2

Day	Time	Day	Time
1	2 hours maximum	8	8 hours maximum
2	2 ½ hours maximum	9	8-10 hours maximum
3	3 hours maximum	10	8-10 hours maximum
4	3 ½ -4 hours maximum	11	8-10 hours maximum
5	4-5 hours maximum	12	8-10 hours maximum
6	6 hours maximum	13	8-10 hours maximum
7	6-7 hours maximum	14	8-10 hours maximum