



Heel Lift

You have just received your new heel lift.

When you begin using your heel lift it may feel strange or even uncomfortable. This is normal as your body gets used to being balanced again. Follow the “*break-in*” procedure described below.



Appropriate footwear is essential to the success of your new heel lift. Achilles recommends the use of a shoe with enclosed heel and deep heel counter, such as a leather walking shoe like Nike, New Balance, Reebok, Rockport, S.A.S., etc., to accommodate your foot and the heel lift.

Use the “*IN for a while and OUT for a while*” approach as you get used to the heel lift. Each day increase the time worn as tolerated until the lift can be used comfortably all day.



DO NOT wear your heel lift during any sport/athletic activity until the “*break-in*” period is completed. Please resist the temptation to overly accelerate the “*break-in*” period because your lift “feels sooo good!” Too much too soon can cause other foot problems.

If discomfort persists beyond 30 days call for an appointment to have your heel lift evaluated and possibly adjusted.



HOW TO CLEAN YOUR ARCH SUPPORTS

Use a soft bristle brush and a mild soap. Rinse with clean water and pat dry with a towel. Do not put your heel lift in the washing machine, dryer or dishwasher. Do not attempt to dry your lift in any type of oven, use a hair dryer or place near a heater as this can damage the lift.