

# LEO LAB

LEADING EDGE ORTHOTICS LABORATORIES

**Congratulations** You have purchased a truly custom made orthotic from LEO Lab. These orthotics were designed and manufactured using the highest quality materials and latest technology in orthotic manufacture.

**Customer Information** The casts or scans that were taken by your health care provider achieve precise imprints of your feet. With these in hand, LEO Lab is able to custom make your orthotics to meet the exact requirements of your feet. Once your orthotic is manufactured it is placed inside of your footwear to enhance the mechanical function of your feet. This is how LEO Lab orthotics achieve maximum comfort and support.



Be sure to use the correct size and style of shoe when wearing your orthotic. Your health care provider will advise you on proper shoe gear. We recommend you wear shoes with deep heel seats for best control and to reduce heel slippage. Allow several days to become accustomed to your orthotic by gradually wearing it for longer periods each day. Your orthotics are working to undo damage which took years in the making. Some people may only be able to wear their orthotics for 15 minutes the first day. If you experience any discomfort, cramping or bruising sensations in the legs, knees, hip and/or lower back, this is an indication that your orthotics are working, however, you may stop wearing your orthotics for that day. There is no rush.

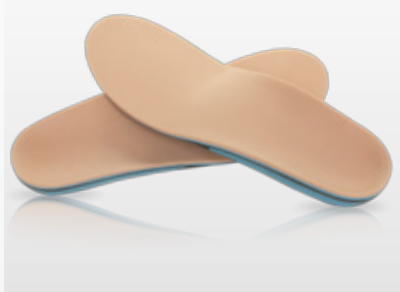
## Wearing Instructions

1. Before placing orthotics into your shoes, remember to remove arch supports, rubber or felt additions or any other inserts from inside the shoes.
2. On the first day you wear your new pair of orthotics wear them for no longer than one hour. Increase your wearing time each day by increments of one hour, so by the third day you will wear your orthotics for three hours.

**Follow Up** Your health care provider will want to follow up with an orthotic assessment in the following weeks, which is when most patients begin wearing their orthotics comfortably. It is also recommended that you see your health care provider for a checkup on an annual basis.



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Custom  
Orthotics for  
all walks of life