

# WINKLEY

orthotics & prosthetics

At Winkley Orthotics,  
we specialize in custom-  
fabricated adult and  
pediatric orthoses. Our goal  
is to improve each person's  
mobility and enhance quality  
of life by providing the  
highest quality orthotic  
care, non-operatively and  
post-operatively.

- ◇ 740 Douglas Drive North, Golden Valley, MN 55422  
763-546-1177 ◆ Fax: 763-847-9508
  - ◇ 910 East 26th Street, Suite 323, Minneapolis, MN 55404  
612-863-8963 ◆ Fax: 612-863-8962
  - ◇ 280 Smith Ave North, Suite 311, Saint Paul, MN 55102  
651-207-5465 ◆ Fax: 651-340-7676
  - ◇ 3960 Coon Rapids Blvd., Suite 116, Coon Rapids, MN 55433  
763-421-3587 ◆ Fax: 763-506-9905
  - ◇ 140 N. Birch Street, Suite 104, Cambridge, MN 55008  
763-689-0490 ◆ Fax: 763-689-0482
  - ◇ 2115 Craig Rd., Eau Claire, WI 54701  
715-836-7944 ◆ Fax: 715-836-9536
  - ◇ 1321 South Main Street, Rice Lake, WI 54868  
715-234-6622 ◆ Fax: 715-234-7879
- By Appointment Only:
- ◇ 2835 South Service Drive, Suite 206 Red Wing, MN 55066  
651-212-6440 ◆ Fax 651-501-2009
  - ◇ 1601 St. Francis Ave, 2nd Floor, Shakopee, MN 55379  
763-546-1177 ◆ Fax: 763-847-9508

1-800-WINKLEY  
www.winkley.com

# WINKLEY

orthotics & prosthetics



Instructions  
for your **NEW**  
Shoes

1-800-WINKLEY  
www.winkley.com

# Wear and Care

Your doctor prescribed orthopedic, diabetic or custom shoes to relieve your specific foot problems. It is important that you read and follow these instructions to obtain desired results from your shoes.

## Getting started

Always wear clean, non-elastic cotton stockings and smooth out all wrinkles. Use a shoehorn to put on your shoes- it helps prevent breakdown of the heel counter.

Your shoes should fit well and there should be room at the front of the shoe for your toes. Keep your laces tight enough to keep your foot from sliding but not so tight that they cause pressure marks.

Most new shoes will feel stiff, and it is normal for the heel to slip until the sole has been broken in. Be patient, it will take time for the leather to soften as well. If you have high tops or boots, do not use the top eyelets until the shoe has been broken in.

Begin by wearing your shoes around the house for only one hour the first day. Double your wearing time each day to build up your tolerance to the

shoes. Use your best judgment and listen to your feet. Do not use your shoes for sports or recreational activities until you are able to wear them all day for at least one week.

## Skin care

Every day after wearing your shoes, remove your socks and look at your feet. Check the top, sides and bottom. Use a mirror or a family member if you have trouble seeing. This is especially important to do if you lack sensation in your feet.

You should be looking for any marks that may have been caused by your shoes. This includes redness, blisters or sores. If you see red marks on your feet, check how long it takes for them to disappear. If the redness goes away within 15 minutes, continue to wear your shoes for another hour and recheck your feet. If it takes longer than 30 minutes for the redness to go away, stop wearing the shoes and try again the next day. If the redness continues or you develop blisters or sores, stop wearing your shoes and call our office for an appointment.

## Custom shoes

Custom-molded shoes or modifications made to your new shoes may change the way you walk and how your muscles are working. You may be using muscles that you have not used in a long time. Foot and

leg fatigue is not uncommon during the first two weeks.

## Caring for your shoes

Keeping your shoes clean and maintaining the leather will prolong their life. Use soap and water to clean dirty shoes, or special leather cleaner. Always air-dry your shoes away from heat. Using a leather balm or wax can help keep the leather soft and looking nice.

You may choose to remove the insoles of your shoes each night. This will allow any moisture to evaporate from both the insoles and the shoes.

## When to call your orthotist

You may be seeing your orthotist for a follow up appointment within a few weeks of receiving your shoes. Please call if you notice the following:

You have developed red areas or pressure sores from your shoes.

You have had a significant weight change or swelling, and now your shoes are too loose or too tight.

You are having pain in your ankles or knees that you did not have before.

Your velcro no longer holds tight or other material is worn.

You have any other questions or concerns.