

What do I do if the arch feels too high?

Put on kitchen mitts and turn your toaster oven to 450 degrees.

The arch can be lowered at small intervals until comfort is reached by putting the Dressthotics in a toaster oven at 450 degrees preheated, for about 15 seconds. Take the Dressthotics out of the toaster oven with the cooking mitts and use the palm of your hand to lower the arch at intervals estimated at approximately the width of the Dressthotic. Try them on once again when they have cooled. You can continually lower the Dressthotics until they're comfortable. If for any reason you've lowered them too much, you can put them back in the toaster oven for 15 seconds and push either side of the Dressthotic together with 2 kitchen mitts.

NEVER TRY ON YOUR LOWERED OR RAISED DRESSTHOTICS UNTIL THEY HAVE COOLED!

After working with Dressthotics for many years, I have found that the majority of patients find the initial arch height correct. Remember, never try the Dressthotics in your shoes after you have adjusted the arch until they have cooled down and never lower or raise the arch height without kitchen mitts on.

How do I use Dressthotics in sandals or in shoes where I feel they are moving forward?

After much trial and error, the best way to keep the Dressthotic in place in a sandal is to attach the prickly side to the bottom of the Dressthotic and smooth side to the insole of the shoe with velcro. Even though the velcro comes with self adhesive capabilities, it is best to secure the velcro with super glue and put the velcro and mesh in two places; ie, the front and back of both the Dressthotics and the shoe. Closed shoes do not require velcro and mesh but some patients prefer using them in closed shoes if the Dressthotics are slipping forward.

To purchase Dressthotics visit our website

www.tucsonpodiatrists.com

For more information on feet and problems of the feet, visit Dr. Shapiro's website.
www.drelaineshapiro.com

DRESSTHOTICS
1625 W. Ina Road #117
Tucson, AZ. 85704

DRESSTHOTICS

Finally an Orthotic

you can **take out** on the town

And **put in**
all your shoes



Brought to you by:
Dr. Elaine Shapiro
520-297-1366
1625 W. Ina Road #117
Tucson, AZ. 85704
www.tucsonpodiatrists.com

Contact our web site for questions about Dressthotics and information on other foot problems:
www.tucsonpodiatrists.com

DRESSSTHOTICS

IMPORTANT INFORMATION ABOUT HOW TO WEAR YOUR NEW DRESSSTHOTICS READ THESE INSTRUCTIONS CAREFULLY!

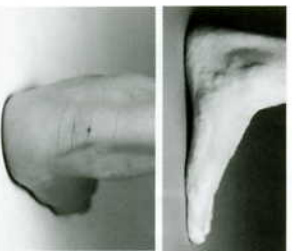
If you have circulation problems or diabetes, check with your doctor before wearing Dresssthotics. If you develop a sore or blister or the Dresssthotics are uncomfortable after the break-in period, stop wearing the Dresssthotics. If any other joint in your body or any other skeletal area becomes painful stop wearing the Dresssthotics.

Why Dresssthotics?

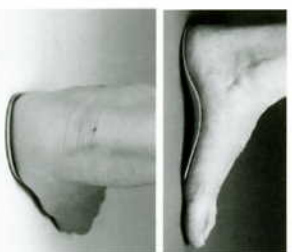
I have been in practice for 25 years. For the past 15 years, I searched for the perfect pre-fabricated orthotic. My frustration with cast-made orthotics was primarily due to costs (they usually cost between \$400-\$600) and they are usually bulky, fitting in very few types of shoes. About 10 years ago Dresssthotics ended my search. Dresssthotics are pre-fabricated orthotics that are thin enough to go into any shoe and can even be worn in sandals.

Who Needs Orthotics?

Most arches feel better with support. Over-the-counter arch supports can lift an arch but rarely control pronation. A child can have a genetic disposition to pronate but in general pronation and fallen arches increases with age. This is a picture of a pronated foot and the correction seen with Dresssthotics.



Before



After

Notice how the Dresssthotic straightens the rearfoot and increases arch height.

What foot problems does pronation cause?

Dresssthotics control one of the worst foot problems - pronation. Dresssthotics can prevent as well as improve problems of the feet including neuromas, bunions, hammer toes, arch pain, arthritis and stooped over posture. It is the only conservative option that can actually stop a bunion from getting larger and has a 95% chance of resolving heel pain. To accomplish these goals, orthotics should be worn all the time, even in your slippers. Going barefoot increases pronation and should be avoided.

How do I pick the size of my Dresssthotics?

Dresssthotics come with and without a metatarsal contour. Women's sizes range from 4-13 and men's sizes range from 4-12. Picking the wrong size is the most common reason your Dresssthotics may be uncomfortable. The second most common reason is that the arch height may feel too high. We have found that the most successful way to pick your Dresssthotic size is to choose the size of the smallest shoes that fit your feet. If in some shoes you take a 5 and in other shoes a 5 1/2 or 6, get size 5 Dresssthotics.

These pictures illustrate how the Dresssthotics should fit.



How do I know if I need a metatarsal contour?

Most people who feel more comfortable with a metatarsal contour are those patients with callouses under the ball of their foot (great toe area) or under the lesser metatarsal heads as shown here. Patients who know they have a neuroma (tingling, numbness or pain between toes 2 & 3 or 3 & 4) should also get Dresssthotics with a metatarsal contour.



How do I know if the Dresssthotic is too long or too short?

Dresssthotics should never cross the metatarsal heads or be too close to the end of the arch.

Too Long



Too Short



Is there a Break-In period for the Dresssthotics?

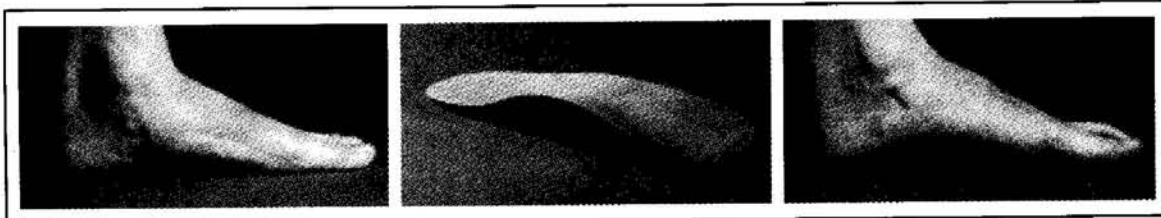
When you first get your Dresssthotics, allow a 5-10 day break-in period. I recommend that you wear them for 1 hour the first day, 2 hours the second day and so on. The amount of time that you wear them is not as important as taking them out should they become uncomfortable. If this happens, take them out of your shoes for the rest of the day and resume the use the following day. If they continue to be uncomfortable after approximately the third day, it is probable that the arch height needs to be adjusted.

Mild aches or discomforts in other parts of the body such as knees, hips or back may occur after a few hours of consecutive wear. These symptoms should disappear in a short period of time. You will probably also notice your posture improving since pronation is one of the biggest reasons for elderly people to walk bent in a forward position. Remember that they are like eyeglasses in that they will only work when you are wearing them. Orthotics were developed because pronation is an abnormal position of the foot which left uncontrolled can cause many foot problems like bunions, heel pain, heel spurs, neuromas (nerve-like discomfort between the 2nd and 3rd or the 3rd and 4th toes or both) arch pain, fatigue or corns between the toes. Long-standing foot pain and patients with difficult foot types may find that if Dresssthotics fail, it is an indication that they need cast-made orthotics.

Should I remove the inner sole from my shoes?

If the insole in your shoes has an arch area that is raised (mostly found in sneakers) it may affect the way the Dresssthotics sit in your shoes. The insole will need to be removed if it makes the arch too high. Dress shoes are usually flat in the arch area and the insole may be left in unless it causes the shoe to be too tight or the arch too high.

Dressthotics Order Form - Only \$125.00



15 day guarantee - refundable if you are not completely happy!

PRONATION: The culprit behind many foot problems. It's the reason stores are opening up all over trying to sell you a pair of orthotics. I searched for 10 years to find non-prescription orthotics that would GO IN ANY SHOES (EVEN SANDALS & HEELS) AND BE LESS EXPENSIVE - once you start wearing these you won't want to be without them.

NAME: _____ SHOE SIZE: _____

ADDRESS: _____

CITY: _____ STATE: _____

PHONE: _____ ZIP: _____

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MALE

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Need help ordering? Call our office 520.297.1366

Make check payable for \$139.25 to: Dr. Elaine J. Shapiro

(Devices \$125.00, Tax \$7.00 and \$7.25 for shipping & handling)

Returns subject to a 10% restocking fee

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