



sherpa3D

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3D-Printed Custom
Multi-material foot orthotics
Owner's Care Guide



User Guide: Getting Started

s3D Functional Orthotics

1. Preparing and Fitting Your Orthotics

To ensure the best fit and performance, follow these steps before your first wear:

- **Clear the Space:** Always remove the original factory insoles from your shoes before inserting your new orthotics.
- **Check the Length:** Compare the orthotic to the original insole. If it's too long, you may carefully trim the toe area only.
 - *Note: Never trim the heel or the sides, as this will compromise the support structure.*
- **Proper Placement:** Slide the orthotic into the shoe. Ensure the heel of the device is pushed firmly against the back of the shoe.

2. Usage and Professional Support

Consistency is key to seeing results, but the right footwear matters just as much.

- **Consistency:** For maximum benefit, use your orthotics every time you put on shoes.
- **Troubleshooting:** If the fit feels "off," consult your healthcare provider. You might be using a shoe style that isn't compatible with the device.
- **The Right Size:** You may also want to discuss getting additional pairs tailored specifically for different types of footwear (e.g., athletic vs. dress shoes).

3. The Adjustment Period

Your body needs time to adapt to a new alignment. Do not rush the process.

- **The Schedule:** Start by wearing them for 3 hours a day for the first few days. Increase your wear time by 1 hour each day thereafter.
- **Expectations:** It is normal to feel mild discomfort during the first couple of weeks as your body adjusts. This sensation typically fades as you habituate to the support.
- **Timeline:** Keep in mind that it can take up to 30 days to fully break in your orthotics and feel the total benefit.

s3D Functional Orthotics: Care Instructions

Maximize the effectiveness of your functional orthotics with these essential care guidelines:

Daily Maintenance & Care

- **Give Them a Breather:** At the end of every day, take your orthotics out of your shoes. This allows both the inserts and your footwear to air out overnight.
- **Keep Them Dry:** Avoid submerging your orthotics in water. If they happen to get soaked, remove them immediately and let them air dry completely before placing them back in your shoes.
- **Simple Cleaning:** If they get a bit dirty, a quick wipe with a clean, moist cloth is all that's necessary. Avoid using any harsh detergents, soaps, or chemical cleaners, as these can damage the materials.



Long-Term Success

- **Schedule a Yearly Check-up:** Just like a physical, your orthotics should be reviewed by a professional once a year. You should also book an appointment if you experience significant physical changes, such as an injury, pregnancy, or a major shift in weight.
- **The "Bring-Along" Rule:** Always take your orthotics with you when shopping for new footwear. It's the only way to guarantee a perfect fit before you make a purchase.



s3D Functional Orthotics: Treatment

Treatment Plan:

- **Adaptation:** You are now supported by a solid foundation. Temporary leg or foot fatigue is a normal sign that your muscles are realigning.
- **The Fit:** The medial arch will mold to your foot over time. Expect to feel comfortable within 2–3 weeks
- **The 30-Day Rule:** Because these are custom-made, they require a 30-day break-in period before any modifications can be made.
- **Re-fits:** If you still experience issues after 30 days, return to your healthcare provider. The physical wear patterns developed during this time are essential for your provider to accurately assess and fix the issue.

Satisfaction

Our Commitment to You: Your comfort and satisfaction are our top priorities. If your custom-engineered orthotics aren't meeting your expectations, simply reach out to your healthcare provider.

We will work closely with them to adjust and fine-tune your orthotics until they provide the perfect fit for your lifestyle.





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