

Footwear & Orthotic Fit & Hosiery

The style and thickness of hosiery will affect the fit, function, and comfort of your orthotics and footwear. Be consistent in the style and fit of hosiery. If the hosiery makes the shoe feel too big, wear a thicker style. If the fit is too snug, wear a thinner style. Ask your Eneslow pedorthist for the style and size of sock(s) best suited to your needs. We recommend that orthotics be worn with socks, or other hose. This will reduce the risk of damage from excessive perspiration and friction.

CARING FOR ORTHOTICS

Proper care and maintenance of your orthotics is vital to durability, comfort, and function. Remove your orthotics between each wearing to allow for the drying of foot perspiration. Apply talc to the top surface to enhance results. Most orthotics do not require cleaning. Please do not heat your orthotics in a dryer or other heating element. Excessive heat will deform them.

CLEANING YOUR ORTHOTICS

If you determine that your orthotics need cleaning, the method of cleaning depends on the type of material you have.

Flexible molded non-leather orthotics:

Soak for ten minutes in cold-water using mild soap; rinse well; towel blot and air-dry overnight.

Rigid orthotics:

Wash with mild soap; rinse well and towel dry.

Leather covered orthotics:

Wipe with saddle soap. If your feet perspire heavily, your orthotics will require more frequent cleaning.

If you have open ulcers or draining sores, use an anti-bacterial soap when cleaning your orthotics

Always wear clean socks.

IMPORTANT: Never place your orthotics in the dryer or expose them to intense heat. Doing so will deform them.

***“ENESLOW’S MISSION IS TO IMPROVE PEOPLE’S LIVES
ONE STEP AT A TIME, FROM FIRST STEP TO LAST, IN
FOOTWEAR THAT LOOKS AS GOOD AS IT FEELS.”***

REPAIRING YOUR FOOTWEAR & ORTHOTICS

Eneslow has a state-of-art full service shoe repair department in our Manhattan premises. Our master pedorthic technicians will repair your footwear and orthotics. This service is available for your own footwear as well as those purchased at Eneslow. Bring in your footwear anytime, or contact your Eneslow pedorthist to learn more.

SOLES4SOULS

Eneslow is proud to collect the shoes you never wear or want to donate for distribution to Soles4Souls a Foundation whose mission is to donate footwear to the needy at home and all over the world. (www.giveshoes.org)

ENESLOW
THE FOOT COMFORT CENTER™



**470 Park Avenue South
@ 32nd Street
New York, NY 10016
212.477.2300**



**254-61 Horace Harding Expwy
Exit 32 off L.I.E.
Little Neck, NY 11362
718.357.5800**

Hours: M,T,W,F,S 10-6:45
Thur. 10-7:45 & Sun. 11-5:45

Email: Info@eneslow.com
www.eneslow.com



ENESLOW PEDORTHIC FOOT PRODUCTS

BREAK-IN PERIOD - WEARING REGIMEN CARE & MAINTENANCE

SHOE INSERTS (ORTHOTICS),
SHOE MODIFICATIONS, & FOOTWEAR

NYC • 212.477.2300
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Eneslow is an Accredited Pedorthic Facility by
the American Board for Certification in Orthotics,
Prosthetics and Pedorthics and the
Board of Certification/Accreditation International

CARE AND MAINTENANCE OF YOUR CUSTOM SHOE INSERTS/FOOTWEAR

Please sign below to indicate that this written compliance Instruction document has been received, read and understood:

Client Last Name: _____

Client First Name: _____

Client Signature: _____

Dispensed by: _____

Date: _____

CARE & MAINTENANCE OF YOUR FOOTWEAR

Since your footwear has been custom made or customized for you, we strongly recommend taking special care to prolong its life. We make the following recommendations:

- Polish your leather shoes regularly with a good cream or wax polish.
- Water-based liquid polish may dry out leather, so we recommend using it sparingly.
- Wear water repellent or waterproof boots or overshoes in wet or snowy weather.
- Use a water and stain protector on your leather footwear for protection.
- Silicone sprays or mink oil can be used on a regular basis.
- To protect fabric and other non-leather footwear, check with our staff, or test a small unobtrusive area before applying a waterproofing product to the entire shoe.
- If the inside of your shoes have gotten wet, give your shoes a chance to dry out overnight.
- Remove any inserts; fill the shoe with a cedar-wood shoe tree, or absorbable material (ex. newspaper).
- If not allowed to dry out, perspiration absorbed by the leather during normal wear will lead to eventual breakdown of the leather, and will change the fit and durability of your shoes.

When you are not wearing your shoes, put wooden shoe trees inside of them to help your shoes absorb moisture while retaining their shape and fit.

If your shoes have been molded or custom made for you, standard shoe trees may not fit properly in your custom shoes. Eneslow can customize shoe trees for you.

Eneslow carries an excellent variety of shoe care products to care for and protect your shoes, as well as over-shoes and boots to fit over wide, deep shoes.

Your new ENESLOW PEDORTHIC FOOT PRODUCTS have been designed to accommodate each of your feet and their individual needs. Wearing them begins with a breaking-in period. Your body, especially your feet, legs, knees, hips, and back needs time to adjust to the difference you will feel. Allowing for this break-in period will help to improve your balance, alignment, gait, and endurance.

We recommend that you begin by wearing them no more than one hour on the first day, and then increase your wear time by one additional hour each day (unless otherwise directed by your physician, or your body's response to them). It is normal for the break-in period to take two weeks or longer, particularly if you have not worn a comparable style before.

SHOE FIT AND STYLE

Eneslow Pedorthic Foot Products affect the fit of your footwear. We often recommend and provide more space for your feet in your shoes than you are used to. Each style of shoe fits slightly differently. If you are wearing orthotics in different footwear styles, they will feel different in each style. Orthotics and footwear each provide a unique biomechanical effect that together may enhance or detract from their optimal function. Please alert us to any footwear and orthotic concerns as soon as you become aware of them. Sometimes a minor adjustment to your orthotics and/or footwear will produce the desired result. Sometimes, you may need a different size or style or shoe.

Our Board Certified Pedorthists and Pedorthic Sales Associates are specially trained to fit your feet in the most comfortable way possible.

FOLLOW-UP APPOINTMENTS

After allowing up to a one month break-in period, we recommend that you schedule a follow-up appointment. We will review your progress to date and fine tune and make adjustments as required. If you are experiencing difficulties in wearing your devices, please contact us to arrange an appointment to make adjustments. We will make every effort to provide you with a comfortable fit. There is no charge for this service up to 90 days after purchase. Additional products purchased at the time are not included in this service.