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Diabetic Shoes and Inserts Wear and Care

Congratulations on receiving your new shoes! In accordance with Medicare regulations, they have been special ordered for you to provide optimum comfort and protection. In order to receive the greatest benefits from this footwear, please follow these suggested guidelines.

Inserts

Medicare pays for one pair of extra depth shoes and three pair of inserts per calendar year. Remember to rotate your inserts every fourth month to ensure continued protection and support of your feet.

Getting used to your shoes

People with decreased feeling in their feet are at a higher risk of developing an ulcer or skin irritation on their feet. An ulcer under the foot can develop in a couple of hours even if the shoes are expertly fit. To best avoid any irritation, please adhere to the following break-in schedule:

FIRST DAY: Wear One Hour

SECOND DAY: Wear Two Hours – Check feet after first hour

THIRD DAY: Wear Three Hours

FOURTH DAY: Wear Four Hours – Check feet after two hours

FIFTH DAY: Wear Full Day – Check after lunch

- IF AT ANY TIME YOU SEE RED SPOTS OR DARKNESS ON THE TOES OR OTHER BONY AREAS DURING THE FIRST FIVE DAYS: Discontinue wearing the shoes for the rest of the day and start routine again the next day beginning with one hour of wear.
- IF A RED SPOT OR DARKNESS APPEARS WITH EVERY WEARING – DO NOT WEAR SHOES. Call our office for an adjustment appointment.
- INSPECT YOUR FEET EVERY DAY.



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Follow-Up

Please contact our office with any questions or concerns. If you develop any changes with your feet, such as new calluses or red spots that appear with every wear and do not disappear within 20-30 minutes, call our office for a follow up appointment. Discard your inserts every four months and replace them with a new set. Call our office one year after receiving shoes and inserts to set up an appointment to be fit with a replacement pair of shoes and three new pair of inserts.

Goals of the Program

Diabetic patients have fewer foot complications if they have been properly fitted in the correct type of footwear with accommodating insoles. By transferring pressures on the bottom of the feet, the insensitive diabetic foot is better protected from forces placed on the feet. The desired outcome is to fit you with the most appropriate and best fitting shoes possible to reduce the risk of and prevent foot complications, which could ultimately lead to ulceration, infection and amputation.