

Time for a Refresh?

# Knowing When to Replace Your Orthotics

Custom orthotics are an investment in lasting foot health. But even the best orthotics require maintenance.

Here's a breakdown of **when to replace different parts** to keep your feet happy:

## Top Cover & Padding Replacement (Varies, every 6-36 Months):

- **The Comfort Layers:** The top cover & padding materials provide comfort and cushioning. Over time, they can wear down, losing their effectiveness.
- **Signs for Replacement:**
  - Visible wear and tear like pilling, thinning, or tears.
  - Reduced comfort or increased pressure points.
  - Loss of shock absorption.
- **What to do:** Bilt Labs offers replacement top covers. Click [here to view](#) our Recover options.



## Base Replacement (Every 2-3 Years):

- **The Foundation:** The plastic bottom base or shell is the core of your orthotic, providing support and alignment. While durable, it can eventually need replacing.
- **Signs for Replacement:**
  - Changes in your feet due to age, weight fluctuations, or medical conditions.
  - Reduced overall comfort and support.
  - Recurrence of foot pain previously addressed by orthotics.
  - Visible cracks or damage to the base.
- **What to do:** Consider investing in a new pair of custom orthotics.

## Factors Affecting Replacement Frequency:

- **Frequency of Use:** The more you wear your orthotics, the faster both the base and top cover will wear down. Consider multiple pairs for rotation and reduced wear & extended lifespan.
- **Activity Level:** High-impact activities like exercising or sports put greater stress on both parts, requiring more frequent replacements.
- **Care and Storage:** Proper cleaning and storage help extend the lifespan of both parts.

