Wearing instruction

- Your foot orthotics have been custom crafted for your feet only
- Remove original shoe insole if there is one and if possible
- Place your orthotics into the shoes, ensure they are sitting right to the back of the shoes
- Ensure there is no folding of the material at the front

Break-in period

- Initial overuse is the most frequent cause of problems
- Begin by wearing the foot orthotics one hour first day
- Increase your wear time one or two hours daily
- Gradually increase wearing time and allow your feet to adapt to any changes provided by new foot inserts
- During this time (2 ~ 4 weeks), you may experience muscle aching or fatigue, which is normal
- If you are still experiencing difficulties after 4 weeks, stop wearing them and contact us

Caring and maintenance

- Wipe clean with alcohol or baby wipes
- Orthotics should always be worn with socks to prevent excessive perspiration, which can damage them
- Exposing orthotics to excessive sun light or hot water may damage them and cause the covers to become unstuck
- Normally the orthotics will last you around 2 ~ 3 years
- However, it might vary based on individuals