



FUNCTIONAL ORTHOTICS
OWNER'S GUIDE



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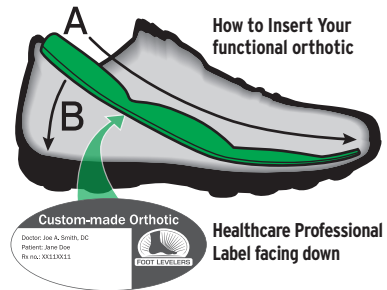
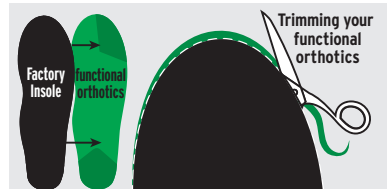
Register

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Quick Start

1 Insert your functional orthotics.

- Remove the manufacturer's insole of the shoe before inserting your functional orthotics.
- Hold your functional orthotics up to the shoe's insole and, if necessary, trim the extra length from only the TOE AREA of the functional orthotics. Do NOT trim the heel or side area of your functional orthotics.
- Put your functional orthotics into the shoe with the healthcare professional label facing down. The heel of your functional orthotics should fit back against the heel of the shoe.



2 Wear your functional orthotics every time you wear shoes.

Ask your healthcare professional for help if your functional orthotics don't seem to fit properly in your shoes. You may be using them in the wrong shoe style. Check with your provider to ensure your shoe size is correct.

3 Start by wearing your functional orthotics 3 hours per day for the first few days, then gradually increase 1 hour per day.

You may experience some mild discomfort in the beginning as your body gets adjusted to the new supports—this is natural and will get better soon. It could take up to 45 days.

4 Register at [FootLevelers.com/register](https://www.footlevelers.com/register)

Follow these simple tips to get the most from your functional orthotics:

- Remove your functional orthotics from your shoes nightly to let the orthotics air out.
- Avoid exposure to water. If functional orthotics get wet, remove and allow to completely dry before re-inserting.



KEEP DRY

- If soiled, wipe with a clean, damp cloth. Never use cleansers or chemical solvents on your functional orthotics.



- Your functional orthotics should be reevaluated by your healthcare professional annually or when significant changes occur in your physical condition (major weight change, pregnancy, injury, etc.).



- Shop for shoes with your functional orthotics! Be sure they fit in the shoes before you buy them.

Some functional orthotics include dot fasteners for a secure fit.* Follow these steps to attach them:

1. Remove one loop-type dot fastener from strip.
2. Attach loop-type fastener to the hook-type dot on the back of your functional orthotics.
3. Insert functional orthotics in the shoe with the heel of the functional orthotics up against the back of the shoe.
4. Press firmly against the heel of the functional orthotic to ensure the dot is securely fastened to the shoe.
5. Repeat for other shoe.



*If you have Tight Fitting functional orthotics, dot fasteners for six pairs of shoes are included. More can be ordered through your healthcare professional.

Functional Orthotics | Feeling Sore?

Your body is now being supported properly and has a solid foundation. You may experience some muscle tightness/weakness in your feet or legs. It's possible to feel sore or fatigued as these muscles begin to work properly again. This is a normal reaction for many people.

The medial arch may be slightly wide but will conform to the foot during break in. It may take 2-3 weeks before you find the fit comfortable. Our products are individually designed to your specifications and require a **45-day break-in period**. After this period, if any discomfort exists bring the functional orthotics back to your healthcare provider.

It is important to break in your functional orthotics before returning them to Foot Levelers for a re-fit. During a re-fit, Foot Levelers gets valuable information from seeing the actual wear pattern on the functional orthotics (along with a list of your symptoms).

To speed up the adjustment period to your functional orthotics, find rehab products on **page 10**.

Our Promise

We want you to be completely satisfied with your purchase, so we cover all materials and workmanship with a 1-year guarantee. If for any reason you are not satisfied with your individually designed functional orthotics, just notify your healthcare professional. He or she will contact us so that we can modify your functional orthotics to better fit you.

FOOT LEVELERS
100% GUARANTEED

Note: You must follow the 45-day break-in period.
Mis-trimming & water damage void the warranty.
*Additional fees may apply.



Sandalthotics® & Shoethotics® Fit Test

Before you begin wearing your new shoes/sandals on a regular basis, we want to make sure that you've got the perfect fit! Perform these tests when your new shoes/sandals arrive to ensure maximum comfort:

- Test your shoes on a clean, carpeted, indoor surface for a minimum of 1 hour. Give your feet the time to make sure the fit is correct.
- Perform this test at the end of the day or after exercise. Feet swell with activity and this will affect the fit.
- Test the shoes while wearing socks you plan to pair them with regularly.
- Try on BOTH shoes, as one foot may be larger or smaller than the other.

Incorrect shoe fit cramps and twists the toes. Corns, callouses and bunions develop. General foot discomfort results. Without arch support, the foot sags down; nerves and blood vessels become pinched, which interferes with circulation, and trouble follows.

Correct shoe fit is essential for best results. Feet and shoes bend at the same place, reducing strain. When the foot rests comfortably, the toes are straight, relaxed, and have adequate ventilation. Each foot is different and needs individual care to fit its specific needs. Foot Levelers shoes should be tested to ensure a proper fit. Shoes that have an improper fit may be returned through your healthcare provider.

Your Sandalthotics/Shoethotics

Since your Shoethotics®/Sandalthotics® are individually designed, they may fit a little stiff or tight at first. **THIS IS NORMAL!** As you wear your Sandalthotics/Shoethotics, the materials, especially leather, will “break in” and conform to your feet.

We recommend lacing your shoes with them on your feet to get the best fit and feel. Many people report that they can put on their Shoethotics/Sandalthotics and immediately feel the comfort of a customized shoe. However, depending on your individual condition, treatment program, and medical history, it may take as long as two weeks to 45 days to become adjusted to the fit and feel of your Shoethotics/Sandalthotics.

Wear your Shoethotics/Sandalthotics as much as possible during the break-in process (See step 3 on page 3). If you feel any discomfort, change shoes for an hour or two and then change back to your Shoethotics/Sandalthotics. Do this over several days, and at the end of this period, your new footwear should begin to feel extremely comfortable.

Why are Generic Insoles Included?

It is normal to experience minor discomfort as you break in your new functional orthotics. That's why we've included generic insoles that you can put in your new Shoethotics/Sandalthotics if you need to remove your functional orthotics for short periods of time.

Return Information

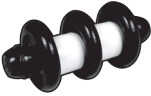
Your Shoethotics®/Sandalthotics® have a 45-day, 100% money back guarantee; only if the shoes have NO SIGNS of wear. To prevent damage or wear, please perform fit test indoors on carpeted, clean surfaces.

Footwear can be returned for sizing change and/or refund up to 45 days from initial ship date. Return your footwear to your healthcare professional who ordered them for you.

Manufacturing defects are covered under a 90-day limited warranty.

Helpful Products with your functional orthotics

FootWheel™



The FootWheel is designed to massage the bottom of your foot, making it more flexible. This will allow your foot to move more freely and will reduce the chance that you will experience any discomfort as you begin to wear your functional orthotics.

Executive Intracell® Stick



The Executive Intracell Stick is used to improve the flexibility of the muscles in the legs. You can use the Stick on the back of your lower leg in the calf area, the front of the lower leg, upper leg in the front and back, and across the hips.



Foot Levelers has the correct support for all different types of shoes. Ask your healthcare provider which functional orthotics are right for you.

Ask Your Healthcare Professional

Visit your doctor regularly. Our functional orthotics are designed for the whole body—not just the feet. During the break-in period, additional visits to your doctor may be necessary to improve the body's acceptance of functional orthotics.

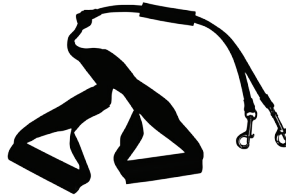
What other Foot Levelers products could help you?

Visit **FootLevelers.com** to see more products to help keep your life in balance:

Shoes



Rehab Tools



Pillows





Register your functional orthotics for the
Foot Levelers warranty.

FootLevelers.com/register