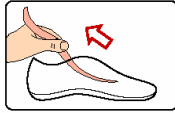


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How to Fit Formthotics®

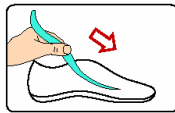
Your foot shape is completely unique... but with the help of Formthotics®, you can custom fit your footwear to your feet in 6 easy steps.



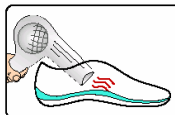
1. Remove the existing insoles from the shoes.



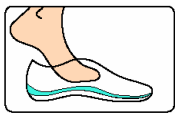
2. Select the correct size using the Formthotics® size chart. If the Formthotics® are too long, use the old insoles as a guide to trim the Formthotics® to size. Warning: Don't trim them too short!



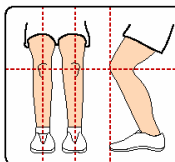
3. Place Formthotics® inside the shoes. The Formthotics® should sit flat and fit firmly inside the shoes.



4. Heat the Formthotics® using a hairdryer. Move the hairdryer from one shoe to the other every 30 seconds to prevent too much build-up of hot air inside the shoes. Heat both Formthotics for a total of 3 minutes each.



5. Put the shoes on straight away and lace the shoes up firmly. As the Formthotics® will be very warm; it is advisable to wear socks.



6. Stand with knees bent, legs shoulder width apart and toes pointing straight ahead for two minutes. As a guide for correct position, the knee cap should be directly over the top of the second toe.

You now have your very own custom fitted shoes thanks to Formthotics®

Please note: You may need to adjust to this new level of support. It normally takes about three days for people to get used to the feel and fit of Formthotics®.

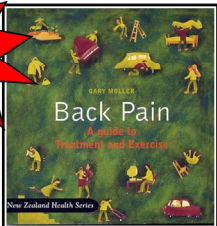
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