

WARNING:

If you are a diabetic or have a known medical condition, please consult your medical specialist before wearing arch supports.

Foot Supports International will not be liable for any injury resulting from incorrect use. If you are unsure if arch supports are appropriate for you, consult your doctor or specialist.

BEFORE WEARING:

If you have never worn arch supports before, please begin by wearing them a short time each day, until you are sure that your feet are used to them. If at any time your feet or body feel uncomfortable while wearing arch supports, take them out immediately.

DIRECTIONS FOR USE:

Wear the arch supports in your shoes with the heel of the arch support securely fitted against the heel inside your shoe. Your arch supports may be worn underneath your shoes' inner lining, if it lifts up easily, or on top of the lining. Arch supports can be worn directly under your foot or with socks or stockings and are suitable to be worn in shoes with a heel height of up to 5 centimetres (2 inches). For most of us, our feet hold the Balance Supports in place when we walk. However, if you wish to fasten the arch supports down, our specially designed Velcro for our Balance Supports is an option.

Do not wear your arch support on top of another arch support. Replace your arch support every year for maximum performance. If you have squeaking or clicking when you wear your foot supports, simply put a little talcum powder in the shoe.

Applying the Velcro

For most of us, our feet hold the Balance Supports in place when we walk. However, if you wish to fasten the arch supports down, the included Velcro is an option.

Each set of Velcro dots has a hook (hard) dot and loop (soft) dot.

- Place the hook (hard) dot on the roughened area on the underside of the heel of the arch support.*
- Place the loop (soft) dot on the heel area inside your shoe, ideally under your insole if removable. Ensure the support is correctly positioned under your foot*

HOW TO CLEAN:

Wash by hand in luke-warm water and a mild cleaner. Dry with a soft towel. Do not machine wash or dry!

**HEAR HOW FOOT SUPPORTS ARE
CHANGING LIVES AT**

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