



Functional Orthotics and
Orthopedic Footwear
Owner's Guide

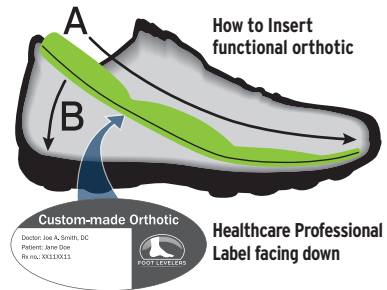
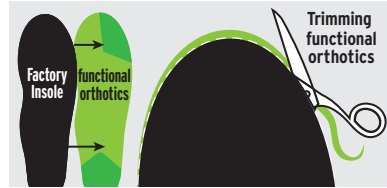
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Quick Start

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 and ask them about multiple pairs so that you have the proper orthotics for all your footwear.

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.



*Functional orthotics that incorporate dot fasteners come with fasteners for six pairs of shoes. 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. If for any reason you are not satisfied with your individually designed functional orthotics, just notify your healthcare professional. They will contact us so that we can modify your functional orthotics to better fit you.



*You must follow the 45-day break-in period,
or additional fees could 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 indoor surface for a minimum of 1 hour.
- 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.

Try on right away when you are in the office so your provider can help check proper fit.

Correct shoe fit is essential for best results. 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

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.

Follow the orthotic break-in process described on Step 3 on page 3. If you feel discomfort, switch back to the manufacturer's liner or change shoes for an hour or two. Then change back to your Shoethotics/Sandalthotics. . 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.*

***Note:** Roanoke Sandalthotics do not have a removable insert.

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.



Foot Levelers has the correct support for all different types of shoes. Ask your healthcare provider about ordering multiple pairs of custom orthotics so you have around-the-clock support during all of your daily activities.

Your Healthcare Professional

Ask Your Healthcare Professional

Visit your doctor regularly. Our functional orthotics are designed for the whole body—not just the feet. Wearing your orthotics regularly helps you get the best results from your doctor’s care.

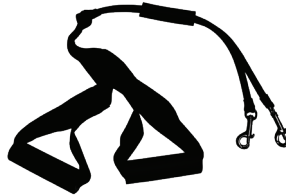
What other Foot Levelers products could help you?

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





FOOT LEVELERS