

INSTRUCTIONS

1 REMOVE EXTRA PADDING FROM SHOES

Some shoes and sneakers come with built-in arch supports and extra padding. *WalkFit® Platinum* orthotics replace these built-in arch supports. To receive the proper result from *WalkFit® Platinum* orthotics, remove the built-in supports and all extra padding. Leaving in arch supports and padding may cause significant discomfort when wearing those shoes.

2 CUSTOMIZABLE INSERTS

WalkFit® Platinum orthotics come with three arch inserts: LOW, MED, and HIGH and one pair of massaging inserts. The height of the inserts are written on the back of each. The LOW inserts are already inserted for you. To switch to another pair of inserts, simply bend back the top of your orthotics and lift out the inserts. Place the new inserts in position and press down all over to ensure that they are securely in place. Try out each level of inserts to see which one feels most comfortable initially. If MED or HIGH seems most comfortable, choose MED or HIGH. For a better improvement toward comfort, *WalkFit® Platinum* orthotics come with special shock-absorbing heel support. Please note this special shock-absorbing heel support is not interchangeable.

3 NEW MASSAGING ARCH INSERT

Featuring hundreds of nodules contoured to your foot for added comfort and support, provide a constant energizing massage as you move. The nodules apply gentle pressure to the nerve endings in the soles of your feet, relieving pain.

4 ANTIMICROBIAL SILVER PROTECTED INSOLE

Our insoles are treated with antimicrobial silver which has bacteriostatic and fungi-suppressing properties. This material inhibits growth of bacteria and fungi which cause odor.

5 WEAR THEM ONLY ONE HOUR AT FIRST

Orthotics work by changing the position of your feet. It may take some time before you are comfortable wearing them all day. To begin, wear the orthotics one hour the first day, two hours the second and so on, until you can wear them comfortably all day long. If you feel discomfort, remove them from your shoes. Begin wearing them the next day without increasing the time they are worn. Then continue to increase usage until they are comfortable. If you feel pain when wearing *WalkFit® Platinum* orthotics, discontinue use and consult with your physician.

6 BE PATIENT

It could take as long as two to three weeks to adjust to your *WalkFit® Platinum* orthotics. If you choose to start out on LOW or MED inserts, after a few weeks you may want to try MED or HIGH to find your ideal fit. Remember, if after a few days the new inserts are not comfortable, go back to MED or LOW for greater comfort. The important thing is to choose the level that feels best to you.

7 AVOID TIGHT-FITTING SHOES

WalkFit® Platinum orthotics will fit comfortably in most shoes, with the exception of tight-fitting shoes. If you experience this difficulty, try your orthotics with a pair of looser-fitting shoes.

8 LOOK AHEAD TO NEW FOOT COMFORT

Once your feet have adjusted to the *WalkFit® Platinum* orthotics, you'll experience a noticeable increase in foot support and comfort. You'll hardly know you're wearing them. If you're like most people, you'll always want them in your shoes. Now you can! With our patented bacteriostatic material you can just leave them in your shoes and forget about them. You may even wish to order a second pair for added convenience at the same low TV price using the enclosed Re-Order Form. We know you will love your *WalkFit® Platinum* orthotics. Thank you for your purchase.