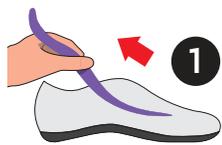
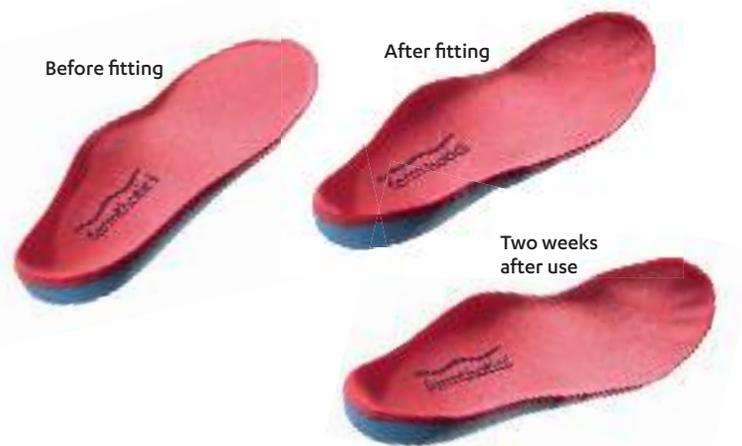


# How to fit Formthotics™

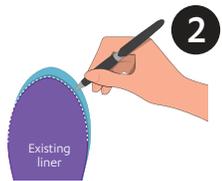
## Using a hairdryer

Your foot shape is completely unique. Using Formthotics, you can custom fit your footwear to your feet in six easy steps. Formthotics perform best when heat moulded, creating a seamless connection between you and the ground.

For more information on thermoforming Formthotics visit [www.formthotics.com/technology](http://www.formthotics.com/technology)



- 1** Remove the existing insole liner from the shoes



- 2** Select the correct size and model

Use the Formthotics size chart to find the correct Formthotics size for the shoe. Cut Formthotics to size if necessary using the liner as a reference.

**Warning:** Don't trim them to short! Trim the Formthotics length approximately 8mm longer than the insole as the heel cup curves to the shape of the shoe when moulded.



- 3** Place Formthotics inside the shoes

To insert easily into the shoe, bend Formthotics into a 'V' shape. Formthotics should sit flat and fit firmly inside the shoes.



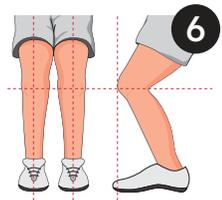
- 4** Heat Formthotics using a good quality hairdryer

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. At this point the foam will feel soft to touch.



- 5** Put the shoes on straight and lace the shoes up

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 one minute

As a guide, the knee cap should be directly over the top of the second toe. This step is important to ensure that as the foam cools, Formthotics set in the correct position.

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



## Professionally thermoforming Formthotics

Foot Science International (designer and manufacturer of Formthotics) sells a professional heating machine to quickly mould or remould Formthotics. It takes 3 minutes to heat in shoe to an optimal temperature, hands free.

## Break-in period

You may need to adjust to this new level of support. From the first time you wear your Formthotics, you will be aware of the snug, 3 dimensional fit. Your feet and legs may take some time adjusting to the increased level of support.

We suggest you wear your Formthotics for about two hours in the first few days after fitting. Then increase your Formthotics use as they become more comfortable for longer periods.

## Pain and injuries

If prolonged pain is experienced after being fitted with Formthotics, a lower limb injury may be the cause. We recommend seeking the advice of a medical professional. Visit [www.formthotics.com/find-formthotics](http://www.formthotics.com/find-formthotics) for a clinician near you.