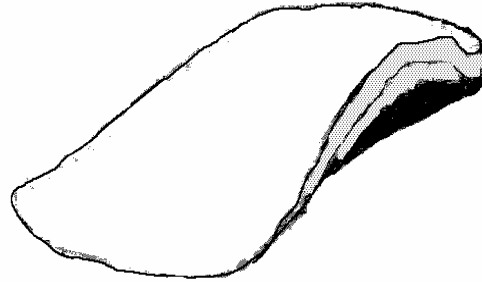


Plastezote Insoles



Care and Use Instructions

1. The insoles have to be modified to fit into the shoe that you initially brought with you, if you desire to place it in another pair, check with your orthotist to see if the transfer is recommended.
2. The insoles can be expected to last about a year, this depends on how hard you are on them. Do expect the insoles to compress over time.
3. Initially, take it easy to make sure your feet get used to the insoles. Sometimes it may take up to 1 week to be able to wear the insoles all day.
4. Visually inspect your feet everyday for blisters, cuts and scratches. Every couple hours is recommended for the "break-in" period.

If you have a problem, or question call and speak with your orthotist at Morgantown O & P Center or physician to have the problem evaluated: 1 (800) 598-6672.