# Insole Replacement

## Instructions

#### Remove Insole

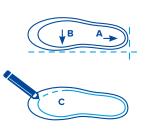
For the best fit, take out the removable insole if there is one.



### Line Up & Trace

Place the shoe insole on top of the orthotic, (A) line up both the backs of the heels and (B) the inside the edges, and then (C) use a pen to trace the outline of the shoe insole onto the orthotic.

**NOTE:** If the insole can't be removed, place the footwear on top of orthotic and trace an outline around the toe.



#### Trim

Cut along the OUTSIDE of the traced line. Don't worry if it's too long, you can always trim a little more. Trim it, try it... trim it, try it.



### **Insert & Test**

Put the trimmed orthotic into the shoe.

**NOTE:** Test to make sure the orthotic can shift front to back inside about 1/16" or 2mm (the width of a nickel), so the insole can work with the natural movement of the foot inside the shoe.



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