

1. Undo all of the velcro straps to expose the foam liner.



2. Open up the foam liner (you can leave the liner inside of the boot).



3. Place your foot in the liner making sure your heel is at the very back of the boot.



Note: for a more snug fit or to relieve any pressure points, you can place a foam pad (included) between the liner and the boot.



4. Close the foam liner, working from the toe upward.



5. Fasten the bottom velcro strap, working your way upward to the top velcro strap (which you fasten last).

Note: Make sure you pull the straps for a snug fit so your foot does not slide around. If you experience any movement, or your heel lifts when you walk, refasten the velcro straps.



6. Squeeze the bulb to inflate.



7. To deflate, lift the release cap (found below the top strap) and press the button.

CLEANING INSTRUCTIONS

- Wash with cold water, mild soap.
- Dry in an air current.

DO NOT: Tumble dry, dry clean, use bleach or fabric softeners, or expose to any heat source.