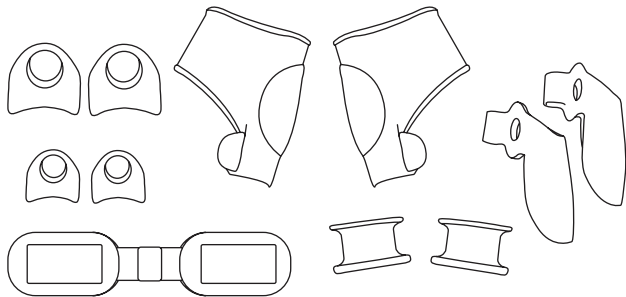




BUNION KIT

User Manual
INS1034



vivehealth.com

THE VIVESOLE BUNION SET INCLUDES:

- 2 Gel Pad Bunion Protector Sleeves w/ toe separator
- 2 Gel Bunion Guard
- 2 Large Toe Ring Spacers
- 2 Medium Toe Ring Spacers
- 2 Large Toe Spacer
- 1 Toe Stretcher

VIVESOLE GEL PAD BUNION PROTECTOR SLEEVES WITH TOE SEPARATOR

The two-piece Bunion Protector Sleeve set protects the affected bunion area from excess friction with a strategically placed gel pad while separating the big toe from the second toe. One size fits all.

How to use:

1. Must be worn on bare feet, under socks or shoes.
2. Before pulling on, make sure the toe hole is on the correct side.
3. Pull on the sleeve like a sock.
4. Position the gel pad so that it is cushioning your bunion.
5. Suitable for night and day use.

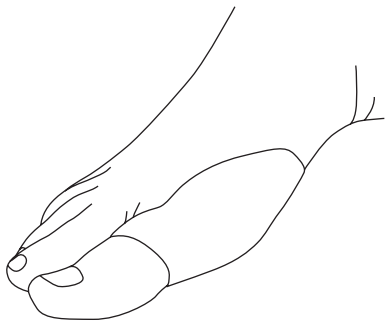


VIVSOLE GEL BUNION GUARD

The two-piece Bunion Guard set separates your big toe and cushions the bunion with a breathable and stretchable silicone gel. One size fits all.

How to use:

1. Must be worn on bare feet, under socks or shoes.
2. Use powder on the guard to help control friction.
3. Make sure the toe hole is on the correct side.
4. Pull on the guard and make sure the gel pad is cushioning your bunion.
5. Suitable for night and day use.

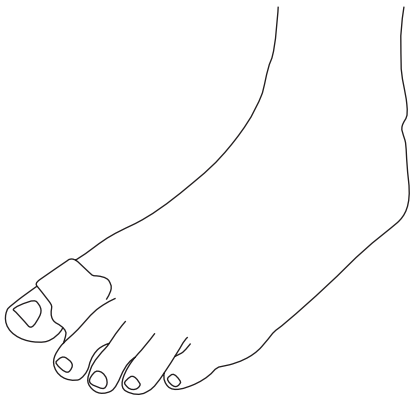


VIVSOLE LARGE AND MEDIUM TOE RING SPACERS

The stretchable ring spacers are designed to wear around the big toe and prevent friction between your big toe and second toe. The ring helps keep the toe spacer from moving during the day. This is essential for active individuals.

How to use

1. To be worn around the big toe, under socks or shoes.
2. Use powder to help control friction.
3. Pull the ring on the affected toe and position the spacer between the toes.
4. Suitable for night and day use.

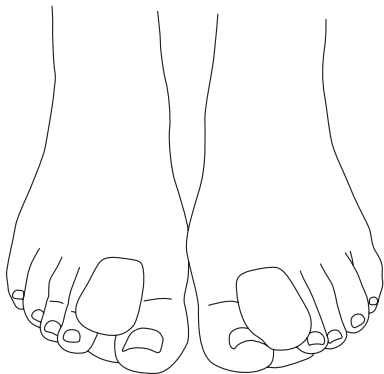


VIVESOLE LARGE TOE SPACER

These two large spacers are constructed with stretchable silicone gel and will realign the big toe as well as protect against rubbing.

How to use

1. Can be worn under socks or shoes.
2. Use powder to help control friction.
3. Place in between the big toe and second toe.
4. Suitable for night and day use.

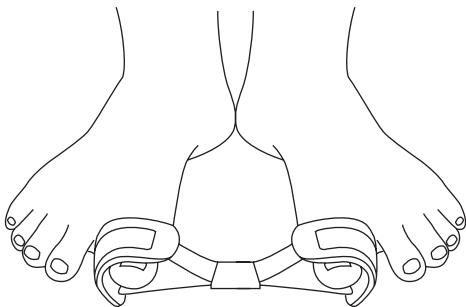


VIVSOLE TOE STRETCHER

Our innovative and easy to use toe stretcher will strengthen your muscles and help straighten your big toe. One size fits all.

How to use

1. Sit upright in a sturdy chair with your feet firmly on the floor in a seated upright position.
2. Slip the loops around each big toe.
3. Pull your feet apart until you feel tension and hold for 5 seconds.
4. Relax your feet.
5. Repeat.



WARNINGS

- These products may not be suitable for individuals with stability or balance problems, or individuals who require support and/or assistance sitting, standing or walking.
- Always consult your health professional before starting an exercise program with the Vive Toe Stretcher.
- The amount of exercise repetitions will vary depending on each individual. Follow your doctor's advice.

CARE

- Hand wash the sleeve with warm water and dry immediately.
- Store away from direct sunlight.

ACTIVATE YOUR GUARANTEE



You are protected by Vive Health's industry leading guarantees and customer service:

If you did not purchase through vivehealth.com, please register at vivehealth.com/register to validate your guarantee.

Product Code: INS1O34



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Monday - Friday 9am - 5pm EST