

FITTING INSTRUCTIONS



**YOUR
SYNXSOLE
ORTHOTIC**



**SOCKLINER FROM
SHOE YOU WANT THE
ORTHOTIC TO FIT**



PEN



SCISSORS

- Most shoes have a removable inner lining called a sockliner.
- Your sockliners will be used as templates to cut your new Synxsole orthotics to size. (Note: If your shoes don't have sockliners, find a pair of similarly styled shoes of yours that do. Test those sockliners are a good fit in your other shoes before using as your template.)
- Your Synxsole orthotics will then replace the sockliners in your shoes.

FOUR EASY STEPS

1. **ALIGN** – Place the **RIGHT** Synxsole orthotic face down on the table so the blue base is fully visible (as shown above). Take the sockliner from your **RIGHT** shoe and place it face down on top of the Synxsole orthotic, taking care to keep the sockliner straight and the heels of both aligned.
2. **TRACE** – Hold securely while you trace around the upper part of your sockliner, marking an outline on the base of the Synxsole orthotic.
3. **CUT** – Double check your marking then cut carefully along your traced outline.
4. **FIT** – Insert the Synxsole orthotic into your shoe (in place of the sockliner) and test the fit. If it is still too large, cut 1mm at a time until it fits correctly.

*Repeat these steps with the other sockliner and the **LEFT** Synxsole orthotic.*

