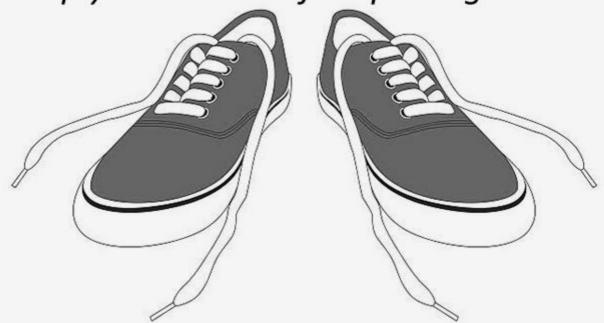
Quick Fit | Plantar Fasciitis | Instructions | Orthotic Inserts

Loosen up your shoes before placing the inserts inside.



Place the inserts inside your shoes and then put your feet into the shoes.



Adjust the insoles so that the arches and heels are in the correct position, then tighten the shoes for a secure fit.



Useful Tips

- These inserts can be worn throughout the entire day.
- To clean the inserts, rinse a cloth in warm soapy water and wipe down the inserts, then allow them to dry naturally.
- For advice and tips on how to treat heel pain, please visit: https://www.feetfeet.co.uk/blogs/heel-pain