

Quick Fit Instructions

Plantar Fasciitis Orthotic Inserts

1

Loosen up your shoes before placing the inserts inside.



2

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



3

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>