Quick Fit Instructions | SoleRelief Flat Feet Insoles

1. Remove the original insoles of your shoes if possible.

2. Use a pair of scissors to trim the top of the insole to fit your shoes if necessary (use the markings as a guide).

3. Loosen up your shoes and place the insoles inside. Put your feet in and then tighten the laces 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 exercises that will help relieve symptoms of flat feet and strengthen the foot arch, please visit: https://www.feetfeet.co.uk/blogs/arch-pain/10-best-flat-feet-exercises