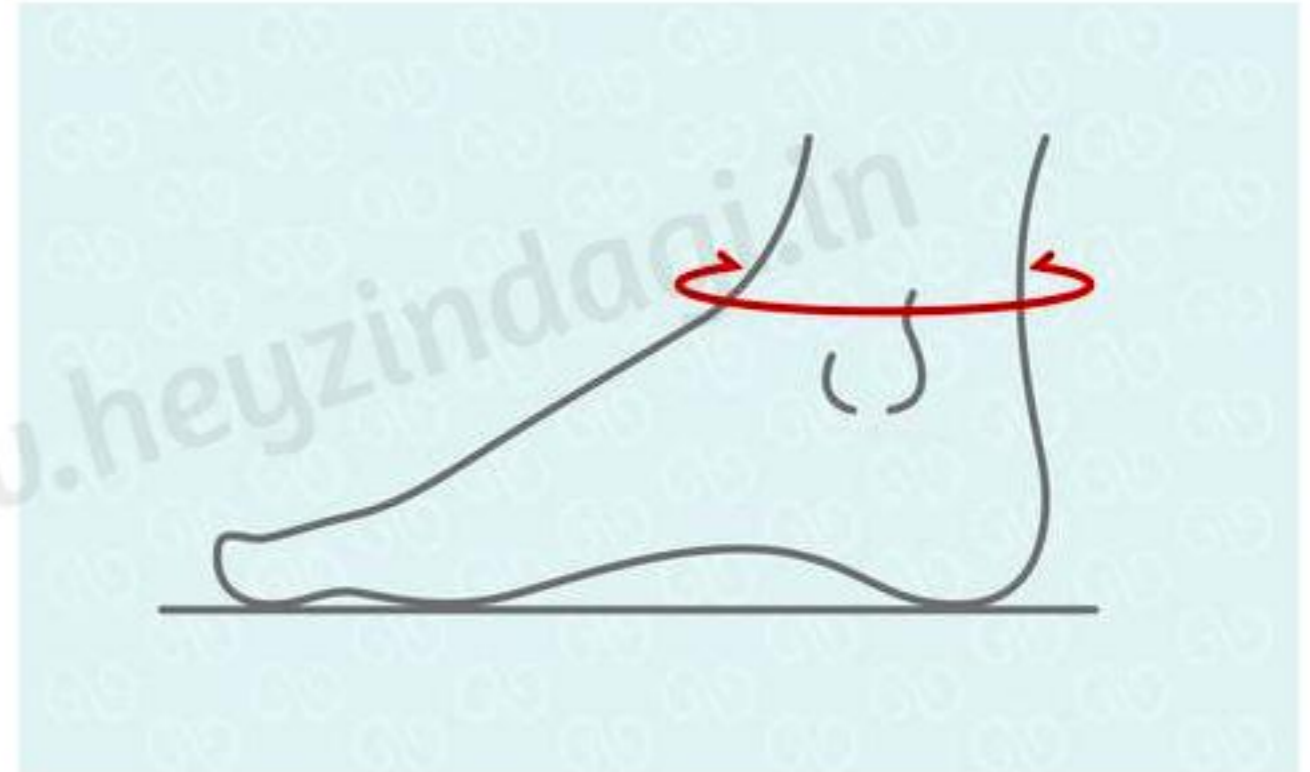


# QUICK START GUIDE

- Make sure you order the socks after measuring your ankle as per instructions
- They are meant for a maximum circumference of 250 mm around the ankle
- Slip it onto the ankle just like regular socks
- Position the gel area so that it covers heel area completely
- Test for comfort by wearing your normal footwear



Measure the circumference just above the ankle bone. Ideally, use a paper strip and use a pen to mark the point where both meet. Use a flat ruler to measure the distance between the two points.

## REMEMBER

- Even if you have pain in one heel only, always wear the socks on both feet so that your weight is evenly balanced
- Always wear comfortable shoes which give a snug fit around your foot

- Remove the product once daily to air your skin and dry out the socks. Buy a second pair if you live in humid conditions and need to wash the socks regularly

**P.S.:** If you have sensitive or allergenic skin, kindly consult your Physician or Foot Specialist before using this product