

How to Wear?

- Make sure you order the right fit as per Size Chart below
- Insert the heel cup into your footwear and make sure its well settled along the walls
- Wear soft Cotton Socks that allow your skin to breathe as much as possible
- Put on the shoes and check for comfort

REMEMBER

- Even if you have pain in one heel only, always use heel cushions under both feet so that your weight is evenly balanced
- Always wear comfortable shoes which fit around your foot well

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