



Freedom Soles Performance Orthotics Adjustment and Wearing Instructions

Congratulations! By purchasing your Freedom Soles you've selected one of the finest American made products available today. Few products are capable of making such a huge impact on our daily life. Your Freedom Soles have been measured and professionally fit individually to each of your feet. Many users experience instant relief and comfort while others take time to adjust their new custom insoles. The adjustment period is as individual as your feet are!

**Foot problems do not come about overnight,
they often do not change overnight.**

Keep in mind by wearing Freedom Soles you are achieving an all day chiropractic and skeletal alignment. Your feet are being supported, strengthened and reshaped simultaneously.

Many people have instant relief and comfort, while others experience varying degrees of discomfort during the adjustment period. The extra support you feel under the forward part of the arch will disappear and become a welcomed massaging agent with gradual wear as you return to enjoying the ideal foot structure you were born with. It is also common for one foot to have a different sensation than the other, both initially and for a few days hence.

The average break-in for most people is from 10-21 days, depending on arches and other variables. The adjustment period varies depending on the type of shoes you wear, the type of activity you engage in and the insole you selected today. For example, pliable arch supports (**Maintainers**) may have an adjustment period of a couple of weeks, whereas, rigid arch supports (**Exercisers**) can take up to a couple of months! This will vary also depending on the % of adjustment needed for your individual feet.

Start by wearing the supports for 30 minutes the first day. You may wish to add 30 minutes to 60 minutes, each succeeding day until you're comfortable in them all day.

It is not uncommon for one foot to take two or three days longer than the other foot to adjust. Additional adjustment time may be needed. When wearing **Exercisers**, any day that the supports are hard to wear, take them off and wait until later in the afternoon or the next day to wear them again. **Do not rush the process.** Even if you cannot increase your time, be patient.

For some, it may be necessary to repeat a certain amount of time for several days. Your feet will adjust over time.

Epsom salt foot soaks will help alleviate any tired or discomfort in the feet through the adjustment process.

Contact Information

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Freedom Soles Arch Support Use and Care Instructions

NOTE: Custom fit insoles are not designed to be placed over built-in shoe insoles. Many manufacturers design shoes with a bio-mechanical function of the Arch Supports and achieve optimal balance, comfort and support.

It is important to remove the shoe insole prior to placing the freedom Sole in your shoe. (Use caution in removing glued insoles not to "tear" the inside lining of the shoe). Insoles are designed to fit on a flat shoe bed! Use the supports for any sport or aerobic activity ONLY AFTER you are comfortable wearing them all day.

Wash your non-leather supports in warm water with mild soap/detergent, rinse and dry with a towel. They may be sanitized in a bleach solution. Never place the support in a washing machine or dryer.

**Custom Fit
Medical Grade
includes Fitting**



FREEDOM SOLES