

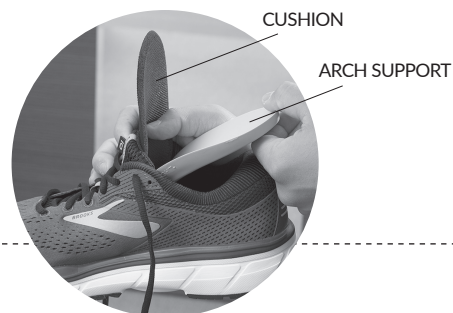
# The Good Feet Store®

America's Arch Support Experts

## WEARING AND CARE INSTRUCTIONS

### Prepare Your Shoes

- Remove your shoe's insoles, or extra padding
- Do not damage or tear the lining of the shoe bed if glued
- Insert Good Feet Arch Supports, placing Good Feet cushions over the top of the arch supports



### Wearing Your Good Feet Arch Supports

The adjustment period is as individual as you are. While some Good Feet customers experience immediate relief and comfort, others may take a little longer to feel the results Good Feet Arch Supports are designed to provide. It is not uncommon for one foot to take longer than the other to adjust during this time.

Starting your first day, wear your Strengtheners 30 mins, then switch to your Maintainers for approx. 1 hour, then to your Relaxer the rest of the day. Each day add more time wearing your Strengtheners and Maintainers, and less time in your Relaxers. In time you will adjust into each support, being able to wear any of them all day.

*During your break-in period, you may feel some minor muscle aches or discomforts; however, if you experience prolonged discomfort, stop wearing the supports and contact your Good Feet Arch Support Specialist, an adjustment may be needed. If you experience pain that causes concern, stop wearing the arch supports and contact your doctor.*

#### Strengtheners



- Repositions feet to their ideal position
- Distributes body weight, can relieve pain
- Provides the most support and stability
- Supports all four arches
- Best in closed toe, laced shoes

#### Maintainers



- Maintains arch infrastructure established by Strengtheners
- Supports all four arches
- Designed for most athletic activities
- Lower profile fits into a variety of shoes

#### Relaxers



- Reduces arch support adjustment time
- Gently supports feet
- Supports three arches
- Perfect for sandals, slippers, flats and other tight-fitting shoes

### Youth Arch Supports

- Regularly re-fit to keep pace with child's development
- Pay close attention to your child's feet during the adjustment period

*Discontinue use with pain, and consult your salesperson or pediatrician depending on the severity.*



Youth  
= Refit every  
**6 months**  
or shoe size

### Adhesive Velcro Dots

Used to secure supports in open back shoes and sandals.  
See video for instructions.



### Cleaning Your Arch Supports

- Non-leather arch supports: warm water & mild soap
- Faux-leather arch supports: cold water & mild soap
- Allow arch supports to dry completely before use

Get the maximum benefit from your products – scan this code to watch FAQs and How To videos.



*Note: The Good Feet Store is not a medical provider and its representatives are not authorized to diagnose or give any medical advice with respect to any physical condition. Individual results may vary. For any medical conditions, please consult your physician.*