

INTRODUCING SPRINGS

Podiatrist-designed to lift & flex with your foot's arches, SPRINGs support posture, function & movement - creating the perfect foundation for your body.

Use SPRINGs everyday to live your best life, enhance your performance or combat pain & injury. SPRINGs work best in conjunction with supportive shoes, a healthy lifestyle, strong body & injury treatment.

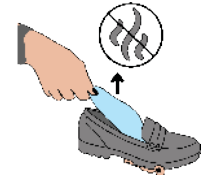
CARE INSTRUCTIONS



Gentle hand wash



Avoid extreme heat

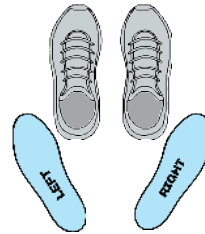


Air SPRINGs to prevent odour

USER GUIDE

WEAR THE PAIR

The LEFT SPRING goes in the LEFT shoe. The RIGHT SPRING goes in the RIGHT shoe. Wear SPRINGs as a pair even if one foot needs more help. They work better together.



SHOES

Start out wearing SPRINGs in soft-soled shoes like sneakers. Dress shoes can make the wearing in process feel harder. Eventually you can wear SPRINGs in all kinds of shoes.



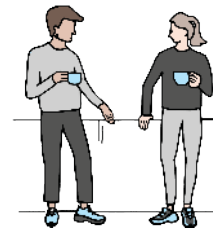
PLACEMENT

Position SPRINGs at the very back of the shoe (against the heel counter). If needed, anchor them in place with velcro.



DAILY LIFE

Ease SPRINGs into daily life first. Delay using for vigorous activities or labour-intensive tasks until comfortably wearing all day.



EXERCISE

Take care introducing SPRINGs to exercise. Start with short distances, intervals & low intensity activities & build up to more challenging ones.



BUILD UP

Start by wearing SPRINGs for half to one hour at a time as tolerated (less is okay too). Gradually increase the time worn each day if you can. If sore have a break, then try again more slowly.



Wearing SPRINGs in slowly allows time for the body to adapt to change. We're all different, so listen to your body, be patient, & never push through discomfort.

MASSAGE

Massage loosens tight tissues beneath the feet & relieves tension, which assists the wearing-in process. Try self-massage or a massage ball.

