

SOLE™

MOLDING INSTRUCTIONS

Choose one of two molding methods for your new footbeds.

WEAR MOLD

Wear molding is the simplest way to custom fit your new footbeds. Remove the factory sock liners from your footwear, insert your new SOLE footbeds into the shoes and wear as normal. The footbed will adapt to your foot after a few days of regular use, giving you a fit that is unique to your feet.

HEAT MOLD

Heat molding will provide the highest level of customization in the shortest amount of time. This is achieved by heating up the footbeds in an oven before placing them inside your footwear. To heat mold your footbeds, complete the following steps.

1

PRE-HEAT YOUR OVEN. DO NOT USE A MICROWAVE.

CONVENTIONAL OVENS: Set to bake at 90°C. **FAN-ASSISTED OVEN:** Start at 80°C. **GAS OVEN:** Start at lowest gas mark.

2

IF POSSIBLE, REMOVE THE FACTORY-SUPPLIED SOCK LINER FROM YOUR FOOTWEAR

If the factory-supplied sock liner cannot be removed because it is permanently glued in, leave it in place.

3

IF NECESSARY, TRIM YOUR NEW FOOTBEDS TO FIT

Before you put your new footbeds in the oven, try them in your footwear to make sure they fit properly. If the footbed needs trimming, use the old sock liner as a guide. Make sure you only trim the toe end and be careful to not trim them too short.

4

PUT YOUR FOOTBEDS IN THE PRE-HEATED OVEN FOR TWO MINUTES

Place the footbeds in the oven on a baking sheet. Leave them in the oven for two minutes or until the Opti-therm indicator turns black. If the indicator has not turned black after three minutes, remove the footbeds. They will be ready to mold.

5

REMOVE FROM THE OVEN AND IMMEDIATELY PLACE INSIDE YOUR FOOTWEAR

Make sure the footbeds are laying flat in your footwear and have not bunched up.

6

STEP INTO YOUR FOOTWEAR RIGHT AWAY

Make sure your heels are against the back of the shoe. If your footwear has laces, lace them up as you normally would.

7

STAND UP STRAIGHT AND HOLD YOUR POSITION FOR TWO MINUTES

Stand with your feet shoulder-width apart and your toes pointed forward. As a guide, your knee cap should be directly over the top of your second toe. After two minutes, your footbeds will be molded to your feet, providing customized support and comfort that's unique to you.

HEALTH WARNING

Diabetics and people with poor circulation or lack of sensation in their feet should consult their health care professional before using this product.