

Sensations To Be Aware Of

Some sensations you may be aware of when first using your orthotics are:

- A feeling of firmness or pressure in the heel
- Mild to moderate pressure in the arch
- Mild awareness of the outer borders and heel seats of the orthotics
- Mild pressure in the instep, particularly in high-arched feet. (This can be Alleviated by loosening the laces of your shoes over the affected areas of your feet.)

Remember: Your feet , legs, muscles and bones are going to be moving and functioning differently than before, and you may be aware of this in the early stages of using your orthotic.



Some Facts You Should Know

Your orthotics are custom made with more than twenty precision manufacturing stages, using the latest technology, materials and components. However, you deliver thousands of pounds of crushing, twisting pressure as you actively engage in your daily activities. Your orthotics will slowly show signs of wear and tear in various ways. When that eventually happens, they can be taken apart, reconstructed and totally refurbished for a

nominal charge. Though a rare occurrence, even in the early stages of use, you might notice a slight peeling of a top cover or minor separation of a rubber extension. You can readhere this using good quality contact cement.

Your Feet, Archived

(Using Digital Storage)

Your orthotics were crafted using computerized models of your feet. The lab can digitally archive these models so that your doctor can order another device, providing your prescription hasn't changed. You can order digital archiving up to one year after the date of manufacturing. Please see insert for further information regarding the insurance policy.

3 years - \$9.95
5 years - \$14.95
10 years - \$19.95

Caring For Your Orthotics

Leather: Air dry and spray with deodorizing powder. Let dry completely before use.

Plastic and Composites: Scrub lightly with mild soap and water. Wipe down with paper towel and allow to dry completely before use.

Follow these suggestions and instructions carefully.

And be sure to visit your doctor regularly to maintain the full benefits of your orthotic devices.

Performance Laboratories
1.800.732.5446(REALIGN)

Your Orthotics & Their Performance



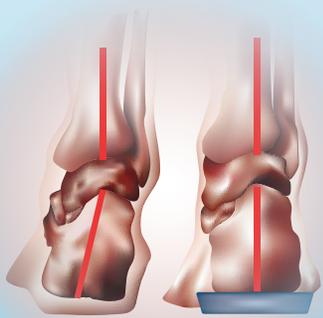
 **Performance**[™]
LABORATORIES

Congratulations! Your doctor has prescribed one of the highest-quality foot orthotics available.

Performance Laboratories has been crafting quality devices for over 25 years, adhering to the strictest laboratory standards in the industry.

Follow these suggestions and instructions carefully and you will get the full benefit from your new orthotic devices.

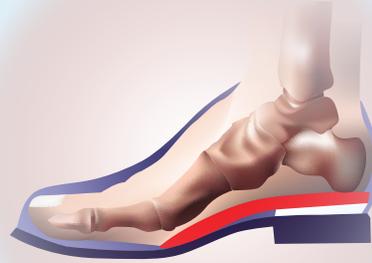
For an in-depth look, visit our award-winning website at www.performlab.com.



What Exactly Are Orthotics?

Orthotics are prescription devices that your doctor has prescribed precisely for you worn inside your regular shoes. They have been designed and crafted to help make your feet function in an optimum neutral position.

Orthotics provide the same service to your feet that glasses do for your eyes. They help make your feet function more efficiently. And like glasses, each person must have his or her own prescription for orthotics.



How Do Orthotics Help?

Orthotics are made to fit comfortably inside your shoes and should be worn at all times to maximize the benefits they provide. As your foot rests comfortably on the orthotic, the device gently and consistently forces the foot into the correct position for walking, running or standing. Pressure points, improper rotation of the foot and painful muscle strain are all eliminated because the orthotic causes your foot to function properly.

Remember: Orthotics do not cure your foot problems any more than glasses cure your vision problems. Orthotics modify the function of your foot as long as you continue to wear them. Your feet are your body's foundation. They work hard every single day. Even the slightest misalignment of the bones and muscles can cause considerable discomfort. In fact, back and neck pain are often a direct result of foot problems. Obtaining and consistently wearing prescription orthotics is a sound investment in your overall physical well-being.

Instructions & General Information

- If possible, purchase a new pair of shoes with a deep heel seat and a high, firm heel counter.
- Do not insert your orthotics until you are satisfied that your shoes fit comfortably without the orthotics in them. If the shoes have removable insoles, remove them. Most people find that they do not need larger size shoes. Avoid oversizing your shoes.
- If you cannot obtain new shoes, make certain the heels and soles on your present shoes are in good condition and not worn down.
- Before using orthotics in either new or old shoes, it is important that you remove all arch supports, rubber or felt additions, "cookies" or other inserts from the shoes.



How Long Should Orthotics Be Worn?

Wear your orthotics initially for one hour the first day. Extend this to two hours the next day, increasing one hour per day for the first week. After one week, you should wear them every day for the entire day's activity.