

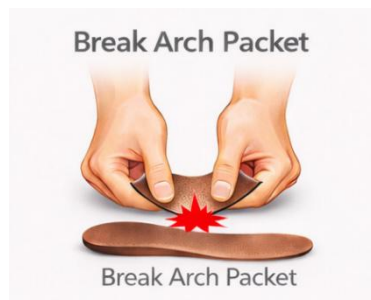
Step 1 – Trimming to Create Your Custom Fit Insole

- 1) Remove original insoles from shoes and place them on the floor, and using a pen or a sharp marker:
 - a. Step on each **original shoe insole**, make a mark directly under the middle of your foot arch
 - b. Step on each **arch support**, placing foot arch on the highest arch area on the arch support
 - c. Make a mark on the arch support at the highest level of the foot arch
 - d. Place original insole on the arch support aligning marks, using arch side edge as reference
 - e. Trace the original insoles onto each arch support
 - f. Using scissors, trim each arch support to match each original shoe insole



Step 2 – Firming to Create Your Custom Arch Fit

1. Feel the internal container within the soft arch area.
2. Using thumbs and first fingers, apply pressure at the happy face ☺ to pop the internal container to release the curing agent. You may feel a pop and typically you will hear a liquid sound within the arch area. Mix the materials inside thoroughly. Happy face stickers can be removed after popping.



Note 1: It may be easier to put the arch supports flat on a table and use thumbs and press firmly on inner container with a side-to-side motion to pop the curing agent containers. It can take some effort to adequately break the Arch Packet containers to release.

Note 2: If the arch support does not start firming within an hour, then it is likely the internal containers did not fully break open, no worries, just repeat the firming process steps above until successful.

User Guide

(See www.MyArchSupports.com for Video)

Step 3 – Applying the Massage, Firm, and Cradle Features

1. After mixing, **use the ApedX arch supports in place of the original shoe insoles.**
 - a. **Place the inserts with the label facing downward in the shoe.**
2. Initially the arches will feel flowing and soft **Massaging your arch** while wearing. During this time, you can use your feet or fingers to move the material around in the arch to find your comfort settings. You have about 30 minutes to adjust.
3. The arch area will then **Firm** to a soft rubber consistency forming to your arches and shoes.



4. Over a couple of days' time, the memory foam will continue to compress causing further arch lift and support. When the memory foam compression completes, the foot imprint will **Cradle** your feet to maintain correct foot/arch positioning. This gradual change helps the feet and body to adjust over time, typically reducing discomfort versus applying an immediate full height arch change.



Break-in Period: While ApedX supports gradually change over time to alleviate initial discomfort, if you are new to using arch supports, some mild discomfort in the feet and/or legs may occur for the first few days as the feet and body adapt to the mechanical changes occurring from arch supports. This is a normal process. If discomfort is initially experienced, you can wear the supports a couple hours a day gradually increasing the wear time until it becomes full time.