



## Instructions On Using Lakeland Custom Insoles

1. Your custom insoles have been made from your foot impression, cast or 3D scan and are individual to you. Please do not let anyone else wear your insoles as this may cause discomfort to the wearer or damage your insoles.
2. Remove the insoles from your shoes. These will be the same insoles you used to trace their outline on the lid of the foot impression box or order form. Replace with your custom insoles.
3. You should find your insoles comfortable from first use however, to allow your body to get used to them, we recommend you increase their use by 1 hour a day. You can adjust this to your own comfort level.
4. Your body will respond to the insole and your muscles and connective tissue (including your blood flow and nerves) will adjust to the new stimulus the insole creates. The beneficial effects of the insoles are felt in your feet and also your legs, hip and back. As you body adjusts, you may feel some discomfort during the early stages of use. Listen to your body and stop using the insoles if you are concerned and seek advice from a suitably qualified professional.
5. Follow any exercise programmes or guidance about your insoles from the suitably qualified person who fitted them. They will also be able to tell you when you need a review of your insoles and if they are performing as expected.
6. Do not attempt to make any alterations to the insoles or use them outside of instructions you may have been provided with. If you think alterations are necessary, discuss this with the fitter and if appropriate, the manufacturer.
7. The materials used to make your insole are safe to use, however in the unlikely event of an adverse skin reaction, please cease use of the insoles immediately and seek medical advice.
8. To care for your insoles, lightly wash in warm soapy water and let dry naturally before use. They are not suitable for machine wash or tumble drying.
9. You can use your custom insoles in different footwear however please ensure they fit well. We advise you purchase additional insoles for use in more than one pairs of shoes as each shoe affects the performance of the insole and alters the experience of the user.
10. Enjoy your insoles and replace them when required or when they wear out!

### ***SPECIAL CUSTOM INSOLE OFFER!***

***Buy a second pair of insoles within 3 months of ordering  
your first pair and get 20%\* off now!***

***Use offer code LCCI20 when placing your order online***

***WWW.LAKELANDORTHOTICS.CO.UK***

***\*Offer does not apply to trade orders***

