

# Product Instructions

## FEET FIRST ARCH SUPPORTS

The Most Advanced Orthotic Arch Supports Developed To Date!

Expertly Made, Worn, Approved and Recommended By Doctors, Pedorthists, Chiropractors, Physical Therapists and Sports Medicine Clinicians.

Based on Georg Alzner's invention and findings, this style of arch support has been proven to be effective for over 40 decades.

**Feet First Arch Supports** are a much needed aid to a healthier life style. Many years of research and testing are behind this amazing product. These orthotic arch supports have proven beneficial to thousands of people in all walks of life and are recommended by doctors in both the United States and Canada. There are many foot care products to choose from, but none will do for you what **Feet First Arch Supports** will. FFAS are the best choice for total foot and arch support! Do not let anyone discourage you as to the merits of this fine product. Follow the simple instructions below and we believe that you will be amazed and happy with the results.

### Wearing Instructions

Follow these Instructions Faithfully!

- 1) Wear good quality, well balanced and properly sized shoes.
- 2) Remove existing cushions, supports and metatarsal pads from shoes.
- 3) Ensure the high side of the support is worn on the inside of the foot and the heel edge of the support is tight against the heel of the shoe.
- 4) Make sure the inside height of your heel is not over two inches high.
- 5) Follow the schedule below to break-in your arch supports and allow your feet to become adjusted to your new **Feet First Arch Supports**.

### CHECK OFF THE BOXES EACH DAY AS YOU BREAK IN YOUR NEW CORRECTORS

1 Hour for One Day

5 Hours for Five Days

2 Hours for Two Days

6 Hours for Six Days

3 Hours for Three Days

7 Hours for Seven Days

4 Hours for Four Days

8 Hours for Eight Days

#### Disclaimer

*Feet First Arch Supports we do not diagnose, prescribe or fill prescriptions. For serious foot related problems, please consult your physician. Use of products and information provided herein is at the clients' sole discretion.*