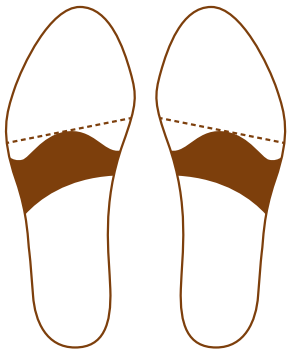


ORTHOTICS-ONLINE

LIMITED

How to fit Metatarsal Bars in your shoes

1. Find the widest part of shoe, see dotted line on diagram.
2. Fit Met Bar just behind widest part and as indicated.
3. Carefully trim sides with sharp scissors if necessary.
4. Peel off backing and fix in place.
5. This product needs trainers or roomy shoes.



A simple way to find the correct position for you is to try out your Met Bar by attaching with blu-tack, moving if necessary until you find the best position, then peel and stick in place. N.B. Your Met Bards are marked LEFT and RIGHT.