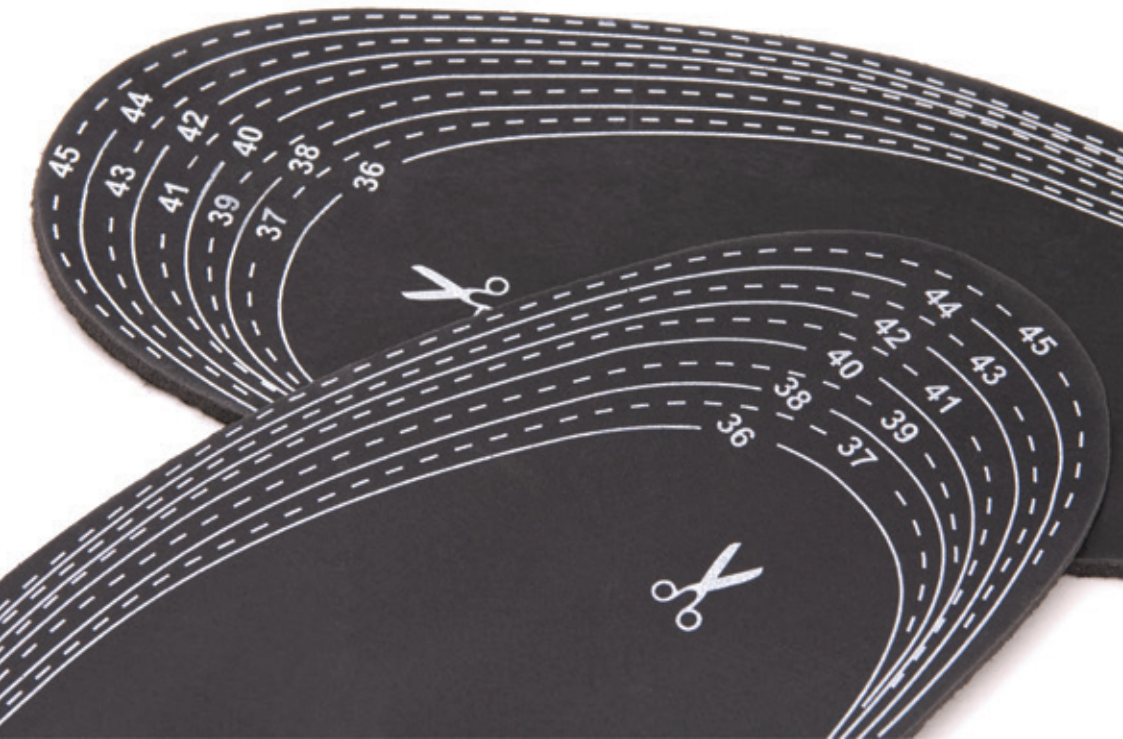


A guide to trimming your orthotic insoles



Opcare

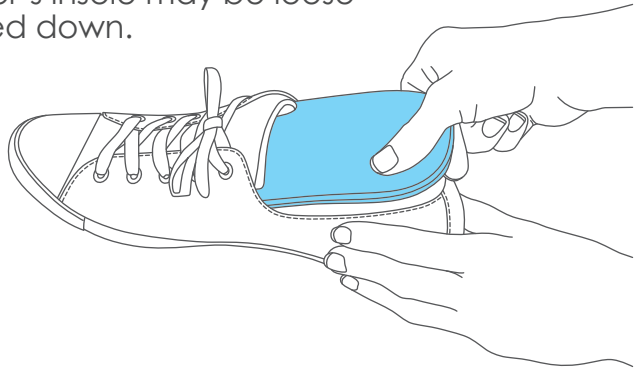
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How to trim your orthotic insoles

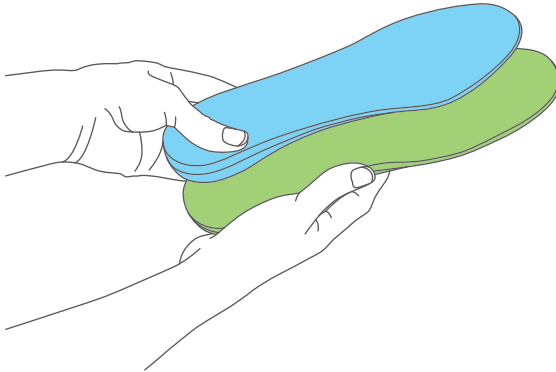
1. Choose your shoes and remove the manufacturer's insoles.

The manufacturer's insole may be loose or it may be glued down.



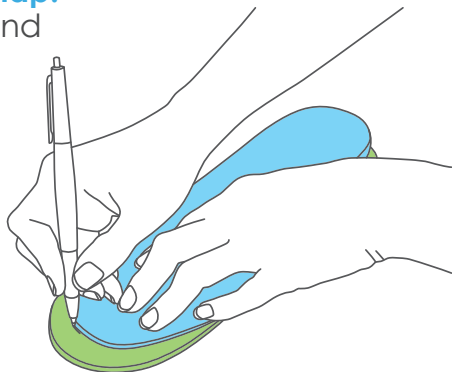
2. Align the manufacturer's insole with the provided orthotic insole.

Ensure the heels are lined up.

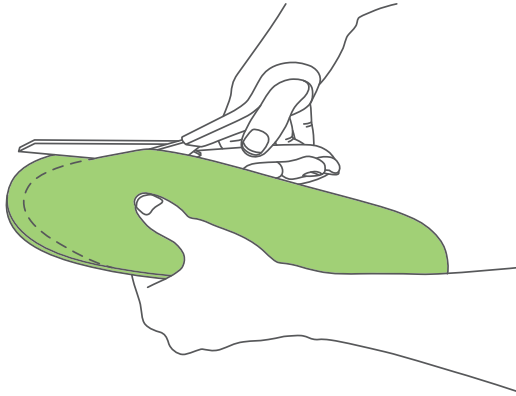


3. Whilst holding the insoles together, trace around the original insole at any points of overlap.

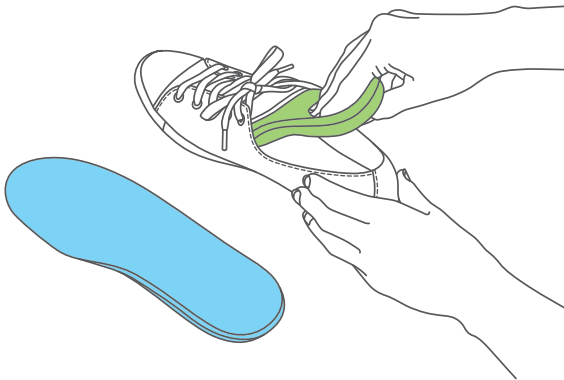
Most commonly this is around the forefoot and toe end.



4. Use the line as a guideline and trim the orthotic insole with a pair of sharp scissors.



5. Your orthotic insoles should now be the right size to fit your chosen footwear. Insert your orthotic insoles into your shoes and follow the wear advice given by your Orthotist.



It might take a little while to get used to your new orthotic insole but if you experience any permanent discomfort, please contact your Orthotist.

Your notes: