



We know you are excited to get your feet healthy!

Before you begin...

Step 1: Please **read the instruction sheet**, located **inside the box!**

Step 2: **Start** using Correct Toes **slowly and gradually**, starting with a ½ hour on the first day, and adding approximately ½ hour per day as your body allows.

Step 3: **Correct Toes are designed to be worn in shoes and/or barefoot.** When wearing Correct Toes with shoes, please be sure that the shoes fit properly. Please refer to the images included on the instruction sheet regarding proper fit. Shoes need to be wide enough to accommodate your feet while wearing Correct Toes, without rubbing or pinching. **This means that shoes need to be widest at the ends of the toes.**

Step 4: Correct Toes are designed to be worn while **active** and will be **most effective during weight bearing** activities.

Step 5: Not fitting well? Please watch our **Modifications Video**. Go to www.nwfootankle.com, click the Correct Toes Tab in the upper left, Click YouTube Videos on the lower left, choose "**Modify Correct Toes to Fit our Unique Feet**". Still have questions or concerns? Contact our office via email or phone, we're happy to help!

Visit our website www.NWFootAnkle.com/correct-toes for more information, videos and educational resources:

- Sizing
- Modifications
- Results and Expectations
- Frequently Asked Questions
- 30-day Money-back Guarantee
- YouTube videos
- Feet and Footwear Myths
- About Natural Foot Health
- Advantages Correct Toes offer over other toe-spacing products

Foot Health Articles – “Anomalies of the Feet: Prevention and Cure of Bunions and Hammertoes”, written by Dr. Ray McClanahan. (Found @ www.nwfootankle.com/foot-health click on “Bunions and Hammertoes” from the left side menu.) You will find many more articles and natural foot health information in this section.

