

General information on the use of your orthotics

Thank you for choosing our product. We will use all our knowledge and experience to make the best product for you. We kindly ask you to read through the following instructions.

Instructions of use

Remove the original insoles from your shoes before inserting your orthopaedic inserts.

If you tend to use your orthotics mainly for athletic use, we suggest that you wear the orthotics in your sports shoes during three to four days during normal daily use so that your body may get used to them. During the first week, we suggest reducing duration and intensity of your training. Thereafter, you may increase both daily wear and athletic use, gently.

If your orthotics are built for daily use, we suggest wearing them in all your shoes and during all your activities.

Correcting posture problems and other biomechanical issues with orthotics require time and patience. Your bone, muscle and neurological tissue needs time to adapt. This transition phase will last four to six weeks, depending on how frequently and religiously you wear your orthotics. Should you encounter additional pain, unusual instability, pressure points, blisters or other symptoms which worry you, we ask you to contact us at your earliest convenience. The impact of your orthotics also strongly depends on the characteristics of your shoes. Should you not have purchased your shoes with us, our team is happy to check the optimal fit of shoe and orthotics.

Taking care of your orthotics

If your orthotics become wet due to perspiration or water, we ask you to remove them from your shoes, so they may air dry. Please **DO NOT** set them on any heating device.

In case of soiling or smell your orthotics may be washed by hand in lukewarm water and soap after which they need to be set out to air dry. Again, please do not set them on any heating device.

Further instructions

Within three months of your purchase a follow-up visit to check the fit of your orthotics is included in the price. A follow-up check-up after three months is always charged. Do not forget to make an appointment in time. This will optimize the correction process.

Kind regards

Your NUMO-Team

We herewith guarantee that the included product (orthotics) has been solely produced for the above-mentioned patient and that it fulfils all requirements as noted in Appendix 1 of guidelines 93-42-EWG. These orthotics have been produced to the best of our knowledge and in good faith with the latest know-how.