

SUPER*feet*[®]

◀ **User's Guide**

www.superfeet.com



THE PREMIUM INSOLE

WHY SUPERFEET?

Most people take anywhere from 8,000-12,000 steps a day, often in shoes that don't fit very well, so it's easy to understand how unsupported and unstable foot movement inside a shoe can lead to friction, and a multitude of problems such as blisters, bunions, and underfoot pain. When your feet hurt, you hurt all over.



Support the Feet | Align the Body

Superfeet's firm, contoured shape provides support, balance and comfort, soft insoles cannot achieve. Like trying to sleep on a soft mattress or run in soft sand, the initial gratification quickly subsides without the proper support to hold your body in place. When properly aligned, your feet hold up and balance your body's weight, taking stress off joints and muscles, preventing future pain.



Fit | Comfort | Performance

The ideal fitting combination is the right sock, with the right Superfeet insole, in the properly sized footwear. Talk to your authorized Superfeet dealer to help you with your choices.

WHO IS SUPERFEET?



Since 1977

Superfeet was formed in 1977 with a mandate to provide affordable orthotics to the general public. The founders of Superfeet, Dr.'s Dennis N. Brown D.Sc. (Hon.) and Christopher E. Smith D.P.M., own and operate one of the most highly respected podiatric laboratories in the world.

With over 35 patents to their credit, the shape and design of every Superfeet product is the result of their over 40 years of experience and their knowledge from working on over a million pair of feet.



Dr. Christopher E. Smith D.P.M.



Dr. Dennis N. Brown D.Sc. (Hon.)

QUICK START - TRIM AND FIT INSTRUCTIONS FOR YOUR NEW SUPERFEET INSOLES



How you trim your insoles can have a great effect on how well your new insoles will work and feel. Just follow these 3 simple steps...

▼ **STEP 1** Remove the original insole from your footwear (Fig.1). To work properly, your Superfeet insole should lie on the bottom surface of your footwear. It should not rest on any insole, arch pad or heel cushion material; these items should be removed.

▼ **STEP 2** Place the original insole over the top of your new Superfeet insole, lining up both the heel (Fig. 2) and inside edge (Fig.3). With a marking pen, trace the original insole pattern onto the new Superfeet insole (Fig.4). Trim the insole by cutting along the inside edge of the tracing line (Fig.5). Care should be taken not to trim **too short** nor **too long**. Trim it, try it... Trim it, try it.

▼ **STEP 3** Fit your insole into your footwear, ensuring it rests properly on the bottom. The insole needs to have minimal back-to-front movement inside the footwear (about 1/16" or 2mm) to ensure the insole moves with your foot inside your footwear, and is **not jammed** heel-to-toe (Fig. 6). **This is very important.** Properly trimmed, your insoles will fit easily into your footwear without a struggle, and will not curl up in the toe area.

If You Have No Original Insole

If there is no original insole in your footwear to use as a template, place your footwear over your new Superfeet insole (Fig. 7), and trace an outline around the toe area (Fig. 8). Then follow the usual trimming instructions. Hint: trace and trim one insole first, then use it as a template for the matching pair.

Too Tight In The Forefoot

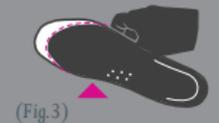
If your footwear is too tight to accommodate the full length of your new Superfeet insole, trim off the forefoot by cutting along the designated lines under the insole (Fig. 9). This will have no effect on the biomechanical benefits of the insole.



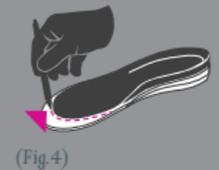
(Fig.1)



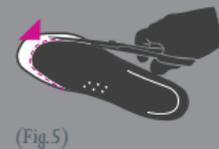
(Fig.2)



(Fig.3)



(Fig.4)



(Fig.5)



(Fig.6)



(Fig.7)



(Fig.8)



(Fig.9)

What To Expect From Your New Insoles

Your new Superfeet insoles may initially feel snug, but after wearing them for a few days, the foam forefoot will compress slightly, allowing for a more relaxed fit. Our patented insoles are designed to be firm and supportive, not soft and mushy like most insoles. You may initially feel this new support from the inside of your heel and suspect the arch is too far back. This is ok. This is the shape and design of the insole supporting your foot where it is needed. Because previous insoles may not have supported your foot properly, the tendons and muscles of your feet may need time to adjust to being supported in their proper position. Try breaking in your new insoles for a few hours a day, for the first 2-3 days, and you will be pleased with the resulting increased comfort and performance. If you do still experience discomfort with your Superfeet after 5-7 days of wear, and it is not improving, remove the product from your footwear and contact the store where you purchased the product. (We recommend you retain your original insoles until you have completed your break-in period).



For more information, see the 'FAQ' section on our web site at www.superfeet.com.

How Long Do Superfeet Insoles Last?

Depending upon the foot and body weight, type of footwear and activity, and the environment it is worn in, the average Superfeet insole can last up to 12 months or more.

Cleaning Instructions For Your New Superfeet Insoles

Superfeet insoles can be hand-washed with a mild soap and lukewarm water to remove light soil. A soft bristle brush (old toothbrush) works well to remove ground-in dirt. Rinse well. Use a paper towel to absorb excess water and allow your insoles to air dry overnight. DO NOT MACHINE WASH OR DRY.

60 DAY COMFORT GUARANTEE

You have nothing to lose but your sore feet. If you are not satisfied with your new insoles, return them within 60 days of purchase to your place of purchase for a credit or refund.

This guarantee is only valid with a proof of purchase, and is not good for misused, abused or improperly cleaned Superfeet product. THIS GUARANTEE IS SUBJECT TO THE RETAILER'S RETURN POLICY.

Gore-tex® Disclaimer

Most orthotic devices will conform to the heel shape of all types of footwear, and over time imbed themselves into the lining of the footwear. Superfeet offers no guarantee against this resulting side effect in Gore-tex® lined footwear.

HOW TO CHOOSE YOUR SUPERFEET PRODUCT

Everybody's feet are different, but everyone can benefit from the support and comfort provided by a Superfeet Premium Insole. Superfeet makes a variety of products designed to fit differently shaped feet for different types of activities and sports. Here are some helpful tips to help you make the right choice of Superfeet product.

What Foot Type Are You?



Only 10-15% of the population has what is described as an 'ideal functioning foot'. This is often referred to as a neutral foot. People with a neutral foot have a well-defined shaped foot that doesn't need an orthotic for biomechanical reasons. But they can still benefit from the added shock absorption a Superfeet insole provides.

Superfeet's 3-dimensional shape around the foot acts like an adapter to fit into the 2-dimensional shaped footwear. This intimate fit provides comfort and improves overall performance.

The remaining population has a tendency to either excessively pronate or supinate when they stand, walk, or run. Besides affecting fit, this can result in secondary foot ailments. If you experience this type of problem, a Superfeet Premium Insole will provide support in the key areas of your foot to help reduce foot problems.



Over-**pronation** can cause a flat arch and foot elongation, resulting in plantar fasciitis, bunions, blisters, knee, hip and back pain, and shin splints, among other things. The end result is inefficient motion, causing poor strength and loss of power during toe-off.



A **supinated** foot can be predisposed to ankle sprains, ligament strains and tears, tendonitis, and poor shock absorption. Overall, Superfeet insoles will improve the comfort and fit of the shoe.

What Type Of Footwear Are You Wearing?



Most types of athletic style footwear come with some type of removable insole. Unfortunately, the soft cushion effect dissipates quickly within the first few days, and the poor support provides little, if any, biomechanical help. Removal of this insole provides ample room to compliment your new footwear with any one of our supportive Superfeet insoles.



Many types of casual and formal dress footwear have no removable insole and subsequently provide very little room for the addition of an after-market insole. In these instances our low profile products such as BLUE and BLACK models are ideal for this type of footwear. They can be trimmed full length, or if need be, trimmed back to a $\frac{3}{4}$ length. If your footwear is still too tight, we recommend you try one of our Superfeet EASY-FIT products.

What Type Of Activity Are You Doing?

Most activities will feel more comfortable with the right Superfeet insole. If you are a runner or walker, we recommend you try one of our models designed to provide extra shock absorption such as GREEN, or our new BERRY insole (for Women). If you are looking for support in a stop-and-start sport like soccer, then our BLUE model is ideal for tight-fitting cleated footwear. If you are a skater, cyclist, or prefer cowboy boots as your choice of footwear, then our specially designed GREY insole is the right model for you.

No matter what type of foot you have, what type of footwear you are wearing, or what activity you are doing, Superfeet has the ideal product for you.

HOW TO SIZE YOUR SUPERFEET

Every shoe manufacturer has their own version of sizes. This can make things confusing. One brand's size 8 is not necessarily another brand's size 8. Many people wear their shoes too small, or too big, and don't really know what size they truly are.

To help avoid this confusion and preoccupation with size, Superfeet identifies each of our product sizes with letters. Each letter represents approximate sizing based on the footwear industry's manufacturing scale.

We provide our authorized Superfeet dealers with DEMO product in various letter sizes to help you determine the correct size of Superfeet insole for you. Below is a quick way to size your Superfeet.



- ▼ **STEP 1** Check the Superfeet size chart and select the size that you feel is the closest to your size.

SUPERFEET SIZING CHART									
	J	A	B	C	D	E	F	G	H
MEN'S				5.5-7	7.5-9	9.5-11	11.5-13	13.5-15	15.5-17
WOMEN'S			4.5-6	6.5-8	8.5-10	10.5-12			
KID'S	11.5-13	13.5-2	2.5-4						

- ▼ **STEP 2** If the size you selected is too short (Fig. A), go up one size (Fig. B).

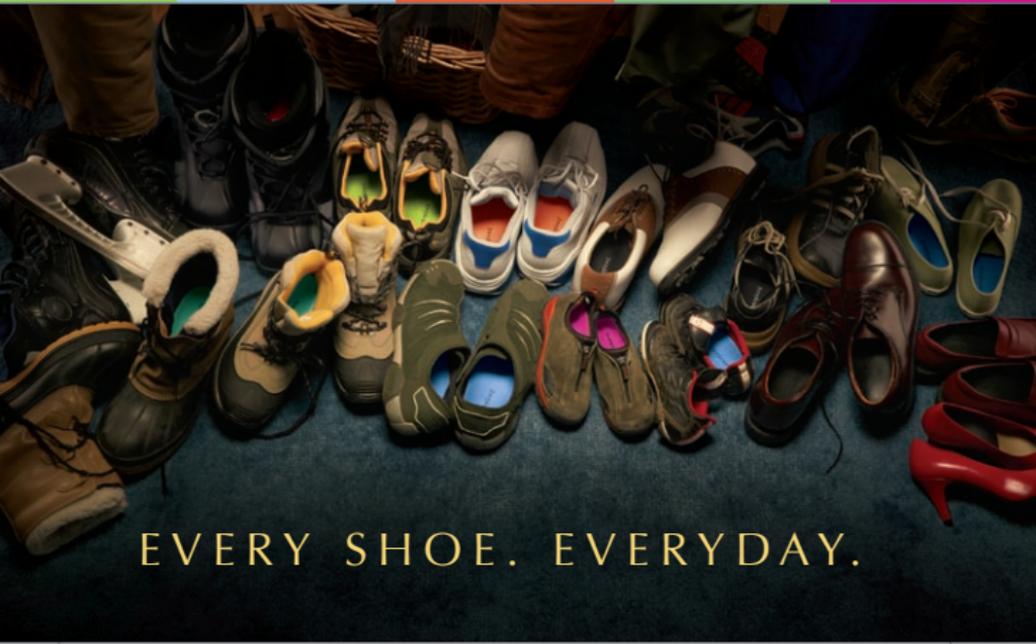


- ▼ **STEP 3** Check the heel width. If width is too small (Fig. C), go up one size (Fig. D).



- ▼ **STEP 4** Follow the Quick Trim and Fit instructions from the beginning of the Guide.

SUPERFEET. WITH YOU
EVERY STEP OF THE WAY.



EVERY SHOE. EVERYDAY.

If you aren't happy with your Superfeet, tell us at customercare@superfeet.com. If you are happy with your Superfeet, tell your friends!

Some consumers feel so strongly about the difference Superfeet has made to their lives, they have taken the time to share their experiences with us. Read these inspiring stories at www.superfeet.com/stories.

For more information about our Superfeet products and tips on good foot health, check out www.superfeet.com.

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