

SOLE DYNAMIX

Trimming Instructions

When you receive your insoles, the top padding may require trimming. That's because our lab often leaves the padding slightly long to accommodate for different shoe lengths.

Step 1

Remove your shoes' existing insoles. Place them on top of your new custom insoles. Match up the heels. If your new insoles are longer, they will need to be trimmed to fit well in your shoes.



Step 2

Using a pen, trace around the old insoles, marking your new insoles at the toes.



Step 3

With a sharp pair of scissors, trim the insoles following your marks.



Step 4

Place your insoles inside your shoes. Ensure the padding has no wrinkles in it. If it does, you may need to trim more off.



Break-in Instructions

We know you are excited for your new insoles. Follow these break-in period recommendations to have a successful and comfortable experience.

Day 1

Don't exceed two hours of total wear time. Once your two hours are up, simply remove the Sole Dynamix insoles and replace them with your shoes' original inserts.

Day 2 to 14

Add an additional hour of wear time every day until you have fully broken in your insoles. Break in can take up to two weeks.

Reminder

Even if your insoles feel comfortable. Day one, let your body slowly get accustomed to your new insoles. If you wear them for too long too soon, it can cause problems, such as pain and discomfort in the feet and lower extremities.

Discomfort

It is normal to experience some discomfort in your feet during the break in period. If this pain becomes severe, please stop using your insoles and contact our tech support team to work on a solution.

Note: We recommend that you do not exercise or go on long walks in your new insoles within the first three days of wearing them. Following this guideline can help prevent pain and discomfort.