

**ATTENTION: DO NOT OPEN THE SEALED FOIL PACKAGES UNTIL YOU ARE READY TO ACTIVATE YOUR ORTHOTICS. THE ORTHOTICS MUST REMAIN DRY AND IN THE AIR-TIGHT PACKAGES UNTIL THAT TIME.**



## Instructions for Sizing and Activation

1. Remove the factory insoles from your shoes if they are removable.



2. Place the orthotics in the shoes and check for fit.



3. If needed, trim the front end of the orthotics to fit the shoes if necessary.



4. Remove the orthotics from the shoes, then look for the water injection hole on the heel of the orthotics. The hole may be covered with a piece of silver tape, or it may be exposed depending on the product model shipped.



5. Fill the syringe with 6 CC's of water, then inject the water into one of the orthotics through the injection hole (See picture).



6. Or peel off a small area at the heel of the orthotic to open just one hole, then inject water into it. Repeat the same process to the other orthotic.

7. Place the orthotics in the shoes, walk around for 10 minutes, then sit down on a chair in a relaxed position with shoes flat on the floor and 90 degrees to the lower legs for 5 minutes.



8. Now, the orthotics are ready for use or transferred to different shoes that have a similar shape.

# SHOE SIZE CONVERSION CHART

POL ORTHOTICS ARE AVAILABLE FROM 220mm TO 310mm

US Men's Shoe	US Women's Shoe	UK Size	EU Size	Custom-Fit Size (In Millimeters)
	3	1	33	220
	3.5	1.5	34	220
	4	2	34.5	230
3	4.5	2.5	34.5	230
3.5	5	3	35.5	240
4	5.5	3.5	36	240
4.5	6	4	37	240
5	6.5	4.5	37.5	250
5.5	7	5	38	250
6	7.5	5.5	39	260
6.5	8	6	39.5	260
7	8.5	6.5	40	260
7.5	9	7	41	270
8	9.5	7.5	41.5	270
8.5	10	8	42	270
9	10.5	8.5	42.5	280
9.5	11	9	43	280
10	11.5	9.5	44	290
10.5	12	10	44.5	290
11	12.5	10.5	45	300
11.5	13	11	46	300
12	13.5	11.5	46.5	310
12.5	14	12	47	310
13	14.5	12.5	48	310
13.5	15	13	47.5	310

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800.404.3338  
[www.polorthotics.com](http://www.polorthotics.com)