7. If possible remove the original insole from your shoe first and replace it with your new insole. This prevents the insoles taking up too much room in your shoe.

Remember

If you don't follow these instructions, then you may find it takes a long time to get used to your devices and to get any benefit from them.

Care of your in

		1.1 1.1	A 11 10		
Royal Devon	University	Healthcare	NHS	Foundation	Trust