



## CS-850 Heat Moldable Orthotics Instructions

### Preparations:

- Preheat oven or toaster oven to 225 degrees.
- Loosen shoes and remove all factory padding.
- Test fit shoes with insoles to see if trimming is needed.

### Heat Insole for Customizing:

- Heating one insole at a time, place insole on middle rack, fabric side up. Check after one minute. Insole should be warm, but not hot or scalding to the touch. If necessary place back in oven for 15 second increments until warm to touch. Do not overheat.

### Customize Insole:

- While still warm to touch quickly place insole in corresponding, pre loosened shoe.
- While wearing socks, place foot in shoe. Stand with slightly bent knees for at least one minute to set.

### Care Instructions:

- Spot clean with mild detergent and damp cloth.
- Do not soak or immerse fully in water.
- Air dry, do not reinsert in shoe until dry.



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