

Owners
Manual



www.stepforward.com

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introduction

Thank you for choosing Step Forward Foot Correctors - Soft Steps. You will be able to wear them for many years, providing your body with the means to correct and prevent foot and posture problems. Please carefully follow the instructions in this manual for the best results.



The unique Foot Correctors you now wear, are made from a non-allergenic, long lasting material designed to correct and align each foot as it conforms to the shape of the Corrector. Most foot supports are made to fit the unbalanced or troubled foot – Soft Steps are made to change the problem foot by restoring natural position and alignment, eliminating fatigue and related discomfort.

Step Forward's Soft Step design has been sold on an international market since 1962 and is recommended by Doctors, Orthopedic Surgeons, Chiropractors, Osteopaths, Physiotherapists, and Sports Medicine Clinics.

See the enclosed brochure for a complete list of the properties and benefits of Step Forward Soft Steps.

suggested break-in and wearing instructions

Break-In Instructions

How long should I wear
my arch supports daily?

DAY 1 AM - 30min
PM - 30min

DAY 2 AM - 45min
PM - 45min

DAY 3 AM - 1hr
PM - 1hr

DAY 4 AM - 1.5hr
PM - 1.5hr

DAY 5 AM - 2hr
PM - 2hr

DAY 6 AM - 3hr
PM - 3hr

DAY 7 AM - 4hr
PM - 4hr



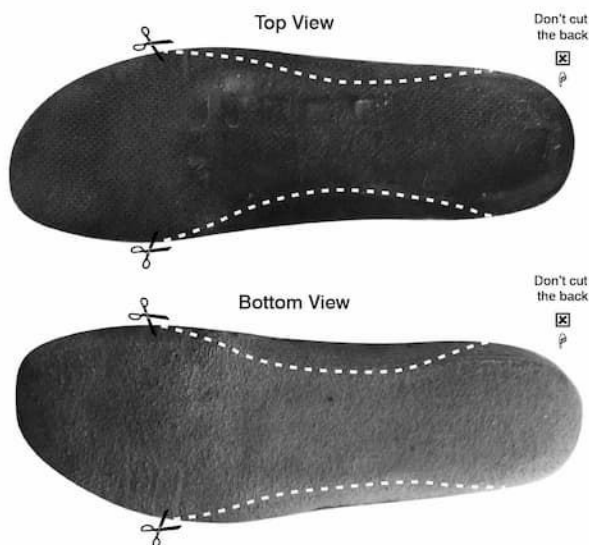
Plantar Fasciitis, painful or sensitive
feet should halve program times!

The table is a guide ONLY. Use common sense, listen to your body and adapt the program to *your own needs*. It may take YOU longer than the suggested times to become comfortable.

- If anything does not feel right or there is persistent or worsening discomfort, contact us right away. Years of experience with this product means we can give you the best advice and support.
- It took time for the foot to get into poor shape, so allow time for correction to take place. Be patient. Don't use the Soft Steps for sport or higher level activities until you are completely comfortable wearing them all day.
- The Soft Step size may not match your shoe size – we fit your arch, not your foot length. Some people may even require a different size for each foot.
- Do the break-in using as comfortable and supportive a shoe as possible – preferably with adjustable fastening. Later on more varied shoe types will be comfortable as well.
- Feet stretch as we age – don't wear shoes that are too small! Shoes need to be approximately 1/2" longer than your feet. When buying new shoes, try them on with the Soft Steps, to ensure they fit comfortably, with enough room for proper circulation.

sport and high level activities

- Soft Steps *must* be worn on a level surface to function correctly – NO SIDEWAYS TILT! You should not wear one arch on top of another arch. Raised or moulded portions in the centre part of the removable manufactured inners, which are found in sports shoes and trainers, may be trimmed away, leaving a level foundation for the Soft Steps. See below.



Trim soft inner soles in sport shoes - Do not throw them out.

- Soft Steps are excellent for any sport as they relieve pressure on the bone structure and absorb shock. BUT go through a gradual break-in period once again, as outlined in “suggested break-in and wearing instructions”, and DON'T rush into activities strenuous to the feet until your feet are ready – or you may even get blisters!

- Soft Steps will not cause feet to sweat and will not retain any odor. Wash the supports occasionally in warm water and soap.
- Maintain the shape and flexibility of Soft Steps by doing a reverse bend from time to time.

Reverse Bend Instructions

A bend in the opposite direction that your weight is applied.

1. Hold the orthotic face-up with both hands.
2. Apply pressure with both hands simultaneously, as if you were folding it in half.
3. Hold, or pump, in this direction, restoring height & flexibility to the shape.

1.



2.



do's and don'ts



- When moving Soft Steps from shoe to shoe, remember Left and Right.
- DON'T place Soft Steps near fire or heat.
- DON'T use in memory foam shoes like Sketchers.
- DON'T leave them in direct sunlight or on the dashboard of a car.
- DON'T boil them in water.
- DON'T use abrasive chemicals to clean them.
- DON'T let your dog chew them.
- Soft Steps only work when you wear them, so please DON'T LOSE THEM!!

wearing instructions for open shoes

Clean the bottom of the heel part of the Soft Step, as well as the heel area of the sandal or open backed shoe, to remove all oiliness or residues – methylated spirits works well. Let dry.

- Attach a coarse WHITE piece of Velcro under the heel of the Soft Step and a soft BLACK piece lengthwise on the heel part of the shoe. See diagram. Apply pressure and preferably leave to set overnight.



- Position the Soft Step so that the back of the device is at all times flush with the heel of your foot. See diagram.



tips for wearing

- Discard shoes that are worn out or too small. Don't walk with improper wear patterns.
- Remember that the Soft Steps are a tool, not a crutch, and don't need to be used in all shoes, all of the time.
- Rotate shoes daily. Your feet are to adapt to the Soft Steps, but not to any particular shoe.
- If extra cushioning is needed under the Soft Steps, use the soft, flat inner soles available from shoe stores and pharmacies. Spenco is a good example.
- If your shoe size changes over time, you may need a different size Soft Step as well. Call us for a reprint, to make sure.

foot care and exercises

- Regularly massage feet with Aloe Vera Gel or olive oil. This helps release tension, promotes mobility and softens and tones dry, cracked skin.
- Roll your foot on a golf ball (or foot roller, tennis ball, or coke bottle) with even pressure, for 5 minutes at a time.
- Use a rolled towel as a resistance band. Hold the ends in your hands and place your foot in the middle of the towel. Now use it to apply pressure as you twist, turn, push and pull the foot.
- For good results be patient and consistent.

HAMMER TOES

This is caused by muscle imbalance, which causes the end joints of one or more toes to bend down, while the closer joints bend up.

- Take hold of the toes and slowly stretch them forward, massaging the muscles and tendons.
- Push each toe IN and twist. Pull each toe OUT and twist.
- Reach down while standing and take hold of each toe to straighten them out. Use your fingers to stretch the toe muscles and tendons gently and firmly.

- Standing in 2 or 3 inches of water during your bath/shower, place the heel of one foot over the hammer toes of the other foot. Push downward and maintain pressure for 30 seconds. Repeat on each foot several times.

BUNIONS

A condition where the big toe angles inward, creating a bump at the base of the toe, which can be painful when inflamed. There may be a bunion on the little toe too and calluses under the toes and on the sides of the foot.

- It is essential to wear shoes with adequate room for the toes. Even sandal straps which are in front of the joint, will pull the big toe inward. *Don't wear shoes that are tight and crowd the toes!*
- In order to gradually increase the range of motion, hold the big toe between your thumb and finger and gently rotate the toe in a circular motion.
- Grab the big toe with your fingers and pull out, while using the thumb of your other hand to push in on the large joint. Put pressure OUT on the toe and IN on the joint.

HEEL PAIN / BONE SPURS

chronic inflammation of the Plantar Fascia.

- Use the knuckle of your hand to probe around the heel. Press all sore or tender areas.
- Massage along the length of the plantar fascia in the arch of your foot, in order to loosen it, or use the towel

method described earlier.

- Walking stretches the plantar fascia in the arch of your foot, tightening it again, so the loosening needs to be done daily until all inflammation has disappeared.

To share your story with us, send us a postcard or email us at info@stepforward.com

limited warranty

- Soft Steps are warranted against defects in materials or workmanship. Due to the nature of the material used, there is no warranty against heat and/or abrasion.
- If the Soft Steps should break, return them to our office for a free replacement. (Wear and tear excluded).

returns and refunds policy

- The Soft Steps will be refunded or exchanged if returned within 14 days of purchase with the original receipt, the goods in their original condition and packaging and you may not have used them at all. We cannot exchange or refund them in a used condition, due to Hygiene and Sanitary Considerations.

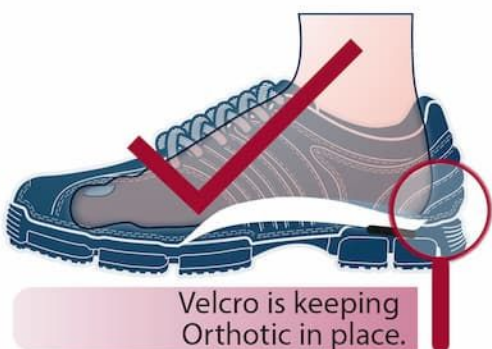
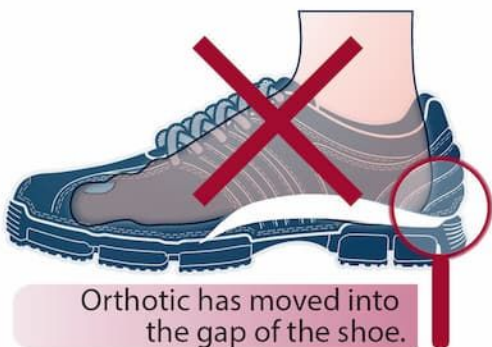
disclaimer

- The Soft Steps are designed to correct and align each foot as it conforms to the shape of the corrector. The correction and alignment of each foot may be achieved with the proper use of the product as set out in the owners manual.
- The use of the Soft Steps will not guarantee a cure, or prevent any foot disease, health condition or any related ailments. The Seller is not liable for any incidental or consequential injuries or medical complications caused by using the goods. The Buyer hereby acknowledges responsibility for consulting a medical practitioner if necessary, or at the recommendation of the Seller.

problem solving

- **Orthotic** - If we suspect that discomfort is being caused by a wrong size of orthotic we will check and change the size (within 1 year of purchase) Please contact us in this regard.
- **Break-in** - Trying to do the break-in too quickly, particularly in high level activities like gym and sports, may make the foot very tired and uncomfortable, and in some cases, even cause blisters. It is recommended to go slow and consistent.
- **Shoes - 1.** Some Shoes can affect the position of the orthotic. For example : if the back of the shoe forms an angle sloping away from the heel of the foot, a gap is created, into which the orthotic may slide back, and thus no longer snugly cup the heel.

This backward movement of the orthotic, both in open sandals and in shoes which leave a gap behind the foot, can be prevented by using the supplied Velcro to keep the orthotic in place, flush with the foot.



2. Shoes that are too tight or too short (shoes should measure 1/2" longer than your foot), will press the foot too tightly down on the orthotic, causing discomfort. The foot should rest on top of the orthotic and be able to make a stretching movement, together with the orthotic, when stepping down.

If any of the above is not clear, please call us.

Scan the QR code
for Break in instructions
and to register your warrantee



Step Forward Company

Since 1974

"A Step In The Right Direction"



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