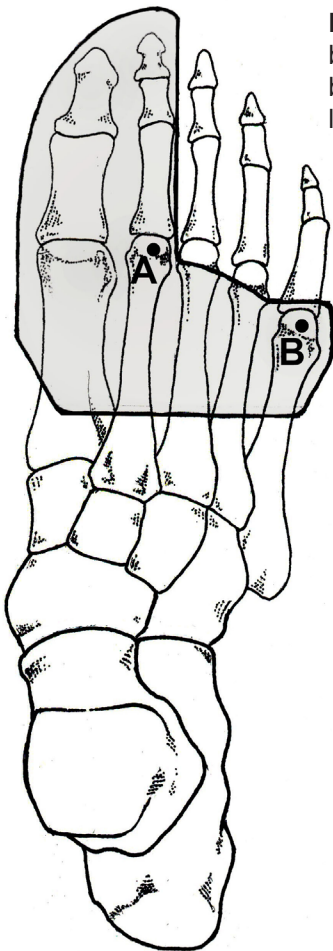


# THANK YOU for Purchasing the PEEL and STICK Interdigital Neuroma Balance

Exact placement of this balance is essential for treatment success and should therefore only be performed by a healthcare professional. To attach the balance, place the patient's insole against the bottom of his or her foot and palpate the tops and bottoms of the second and fifth metatarsal heads. If you're having trouble finding the metatarsal heads, move the patient's toes up and down while palpating the heads and their exact location becomes clear as the metatarsal heads do not move, while the proximal phalanges do. Next, take a pen and mark the corresponding location of the metatarsal heads on the bottom of the insole. Using these marks as a guide, position the balance so the extension that projects beneath the first and second toes covers the second metatarsal head (Fig. 1A), but not the third metatarsal head. The balance is then moved forward or backward so that the entire fifth metatarsal head is supported by the lateral side of the balance (Fig. 1B).

**Fig. 1. Placement of the PEEL and STICK Interdigital Neuroma Balance.** The balance should cover the second metatarsal head (A), but not the third metatarsal head. The balance is moved forward or backward so that the entire fifth metatarsal head is supported by the lateral side of the balance (B).



Once you have the balance in the correct position, trace it on the bottom of the insole. This last step is important as it helps you position the balance on your first attempt, as the Peel and Stick glue is extremely sticky making it difficult to move the balance once it's in place. The strength of the glue is great for resilience and durability, but it requires that you place the balance in the correct position on your first attempt.

Remove the Peel and stick paper and place the balance just slightly above the insole making sure it lines up with the traced outline. Gently place the balance down so the proximal portion lines up with the corresponding line on the insole. Once contact is made, push the rest of the balance against the insole and you're done. Use a pair of scissors to trim off excess and place the balance in the patient's shoe. The Peel and Stick Interdigital Neuroma Balance tends to be comfortable right away, but on occasion, a break-in period is required where the balance is worn two hours the first day, four hours the next day, six hours on the third day and after that, it can be worn constantly.

**If you have any questions about the proper technique for applying these posts, please refer to the instructional video on our website at [www.humanlocomotion.com](http://www.humanlocomotion.com).**

**WARNING AND DISCLAIMER:** *Because injury may result from inappropriate use, which is beyond control of the manufacturer and distributor, user assumes all risks. Under no circumstances shall the buyer be entitled to damages associated with the use of this product. Use of this product constitutes agreement to these terms.*