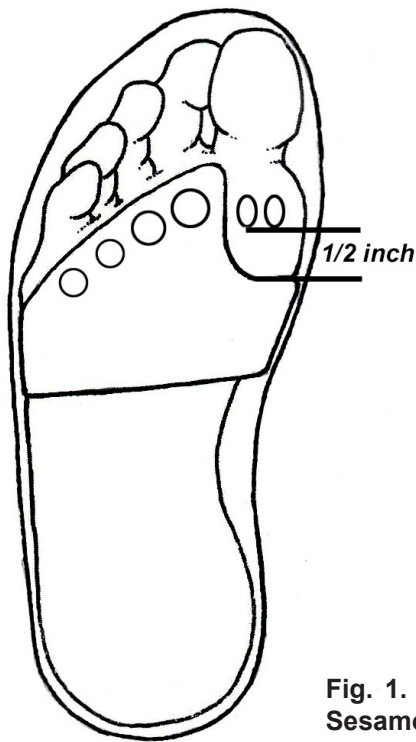


THANK YOU for Purchasing the PEEL and STICK Sesamoid Balance

The sesamoid balance is made from a blend of urethane rubber, open cell foam, and synthetic suede. The material is designed to last years and the self-adhesive back allows you to place the sesamoid balance on the bottom of your insole in a few minutes. To apply the balance, turn your insole upside down and mark the location of your first metatarsal head on the bottom of the insole. People who need sesamoid balances usually have excessive wear on their insole directly beneath the first metatarsal head, so it's easy to find the spot. While keeping the protective white Peel and Stick cover in place, position the balance along the bottom of your insole as illustrated in figure 1 (the white side goes down).



Next, take a pen and outline the balance along the bottom of your insole. Next, remove the Peel and stick glue cover and slowly place the balance over the traced outline. You should be very careful while doing this, as the glue on the balance is very strong, and it's difficult to move if you inadvertently put it in the wrong place. Once it's in place, remove any excess balance material from the side of the insole with a scissors.

The Peel and Stick Sesamoid 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. A video that reviews all of the steps necessary to correctly place this balance is available at www.humanlocomotion.com.

Fig. 1. Placement of the PEEL and STICK Sesamoid Balance. The balance should support the second through fifth metatarsals, and be positioned a half-inch away from the sesamoids.

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.*

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.