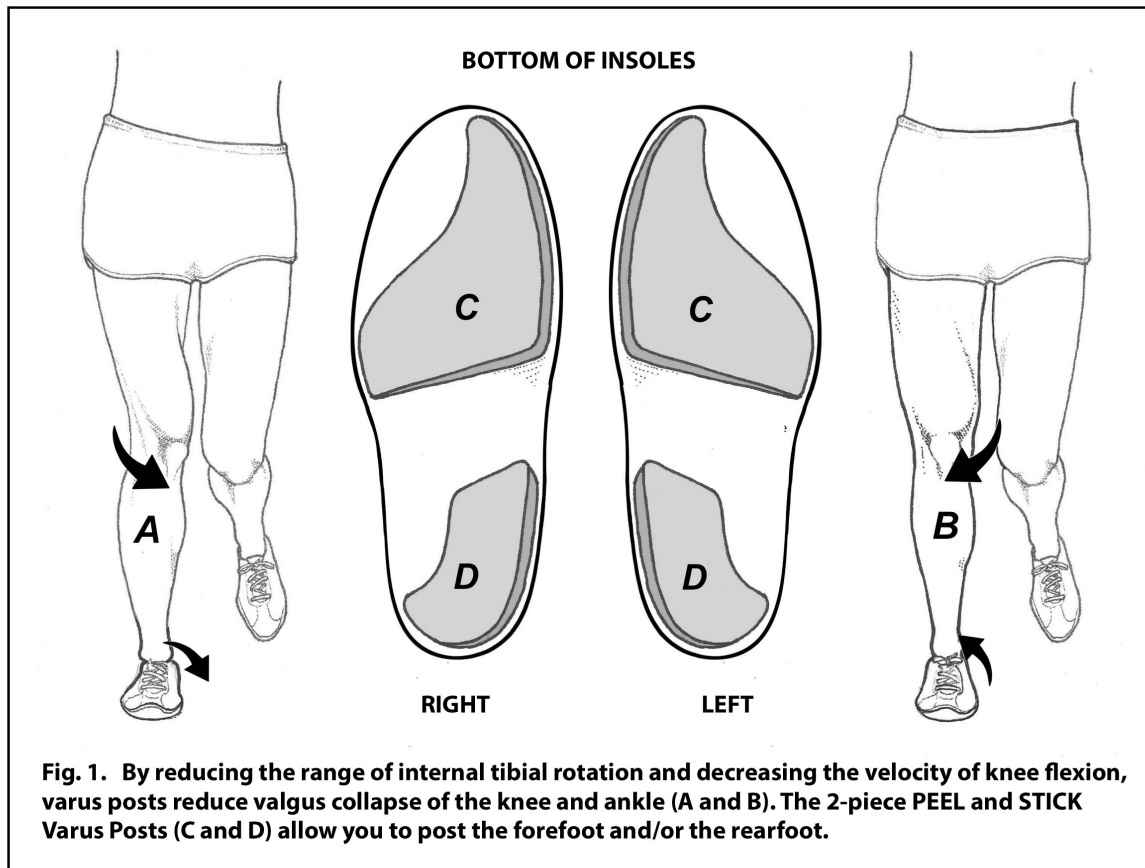


# THANK YOU for Purchasing the PEEL and STICK Varus and Valgus Posts

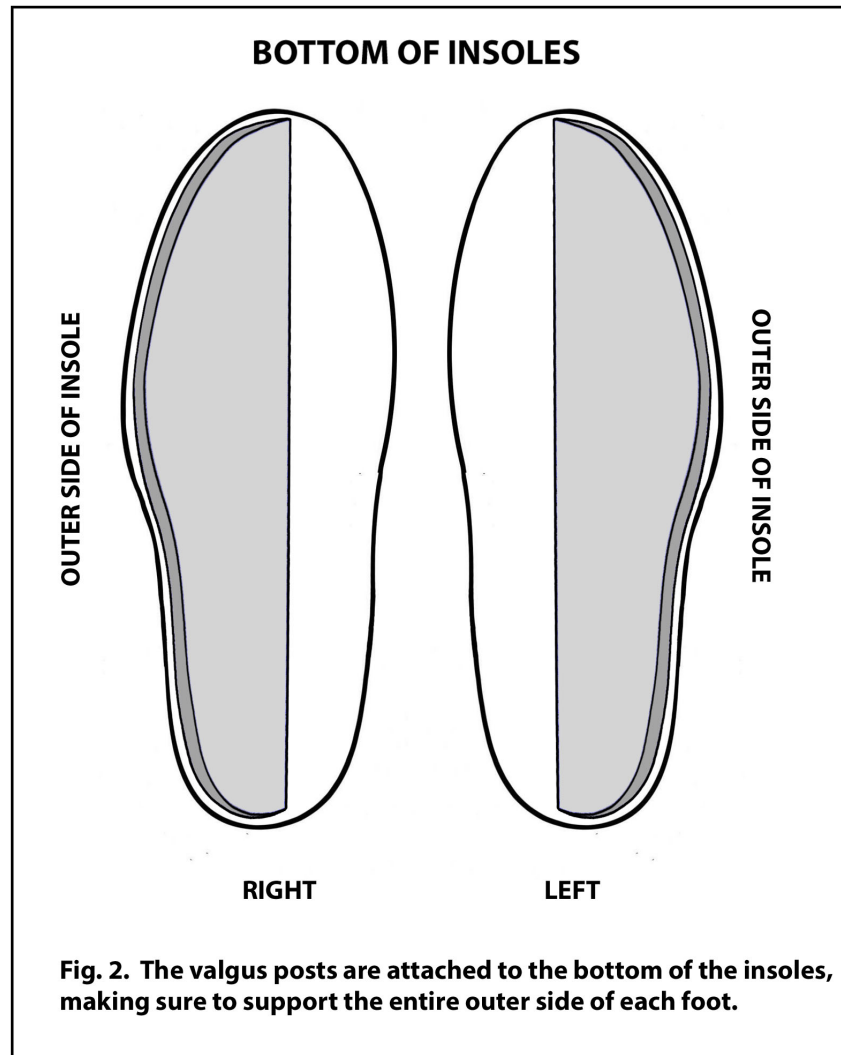
All Peel and Stick Posts and Balances have been designed to attach to the bottoms of your insoles. Varus posting is very effective for managing biomechanical problems associated with excessive pronation, while the valgus posts are great for people with high arches and excessive supination (particularly high-arched people with a tendency for ankle sprains).

Application is simple. Remove the insoles from your shoes and place them upside down on a table. To attach the varus posts, keep the white Peel and Stick protective cover in place and position the forefoot and rearfoot posts as illustrated in figure 1. Once positioned, take a pen and trace the outline of each post. Next, remove the protective Peel and Stick cover and carefully place each post over the outline you've created. The glue beneath the post is surprisingly sticky so before you attach it to the insole, make sure you have it in the right position and gently place the post over your outline. Keep in mind that it's very difficult to remove these posts once they are on, which is great for resilience and longevity, but requires that you be precise with placement.



To attach the valgus post, do the same steps used for attaching the varus posts, except the valgus posts are attached along the lateral side of the bottom of the insole (Fig. 2). If you are using the valgus posts to manage recurrent ankle inversion sprains, consider purchasing the *Two-to-One Ankle Rockboard* to increase strength and maintain range of motion.

*The Peel and Stick Posts tend to be comfortable right away, but on occasion, a break-in period is required. Typically, 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.*