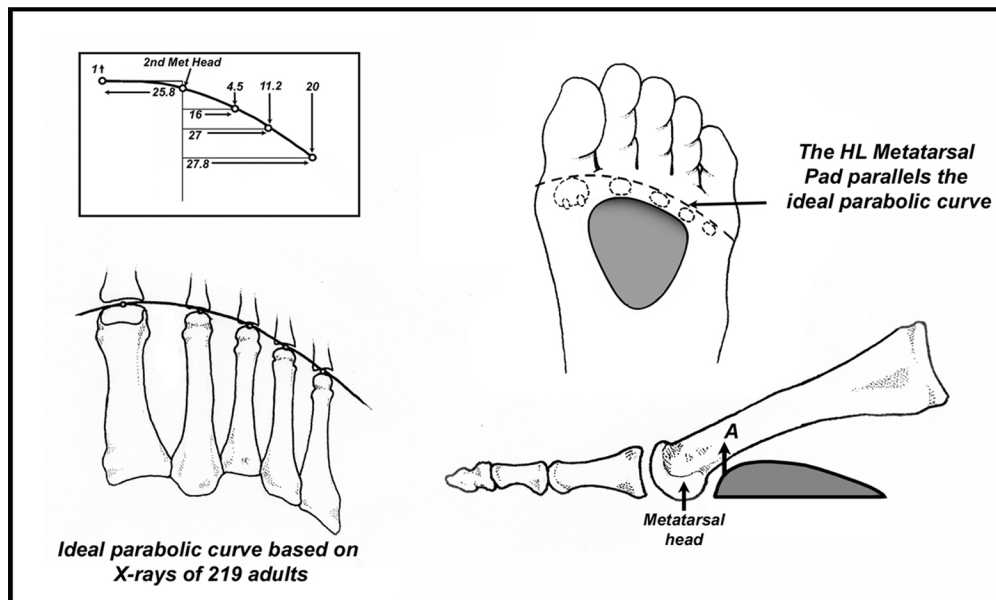




# The Human Locomotion Metatarsal Pad

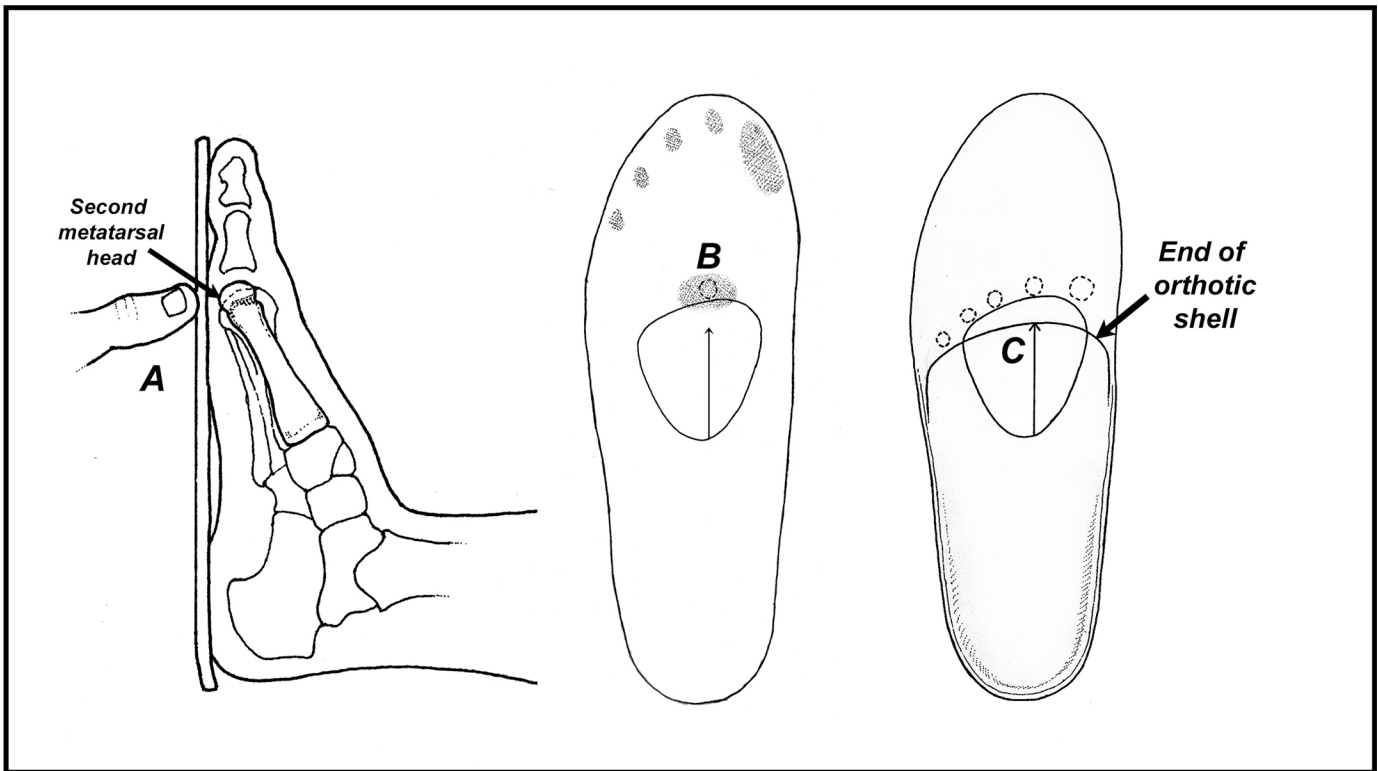
## Instructions for Use

Thank you for selecting *The Human Locomotion Metatarsal Pad*, which is uniquely engineered to conform to the shape and alignment of the central metatarsal heads. To achieve optimal results, it is important to position the metatarsal pad directly behind the central metatarsal heads. This placement allows the distal end of the pad to elevate the metatarsal necks, effectively reducing pressure beneath the central metatarsal heads (refer to **Fig. 1, A**).



**Fig. 1. The patented shape of *The Human Locomotion Metatarsal Pad* contours the ideal parabolic curve of the metatarsal heads.** The far end of the pad angles back 70°, allowing the pad to comfortably lift the metatarsal head upwardly (**A**), distributing pressure away from the head onto the metatarsal necks.

To place the metatarsal pad in the ideal position, place your insole against the bottom of your foot and palpate the location of the second metatarsal head (**Fig. 2, A**). It's easy to find the head by moving the second toe up and down and feeling the stationary head at the base of the moving toe. Mark the spot on the insole and place the pad directly behind the marked spot with the arrow pointing directly towards the second metatarsal head.



**Fig. 2. Various methods for placing *The Human Locomotion Metatarsal Pad*.**

An alternative method for placing a met pad is to look at the wear pattern present on the insole and place the pad directly behind the area of greatest wear, which is usually beneath the second metatarsal head (**B**). Because it's difficult to get exact placement with this technique, you should test placement by applying two-sided tape to the back of the metatarsal pad and then stand on the insole with the pad taped to the top.

The pad should feel comfortable right away if placed correctly. If it isn't, move the pad 1 or 2 mm in different directions (usually forward) until you find the most comfortable location.

You then mark that spot on the insole with a pen, remove the self-stick back from the metatarsal pad, and place the met pad directly behind the marked spot. While placing a metatarsal pad on an insole can be challenging, placing the pad on top of an orthotic is simple as the end of the arrow on top of the *Human Locomotion Metatarsal Pad* should be positioned so the tip of the arrow meets with the far end of the orthotic shell (**C**). This almost always results in perfect placement right away.

**To read the full article on the *Human Locomotion Metatarsal Pad*, or watch a video on how to apply the pad, go to [www.HumanLocomotion.com](http://www.HumanLocomotion.com).**

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