



CUSTOM INSOLE & RUNNING SHOE BREAKING IN GUIDELINE

When you visit Profeet we do our best to make sure you get the ideal footwear and insole solution first time. However, it is important to allow time for your feet and body to get used to the fit, support and the firmness of a new or different shoe, and to the increased contact and support under your feet that a custom insole provides.

Please follow the breaking in guidelines below:



SESSIONS 1-2 : preparation

Gently walk around the house or work for 30 - 60 minutes in the new footwear and insoles.



SESSIONS 3-4 : running, walking, playing sport, etc.

20 - 30 minutes in length and at a low/reduced intensity.



SESSIONS 5-6 : or over a two-week period

No more than one hour in length and at 75% of your usual speed and intensity.



PROGRESSION

Steadily increase your sessions back to your usual level.

IMPORTANT NOTES:

- Profeet custom insoles should not cause pain. Whilst mild discomfort may occur initially as your feet and body adjust to the more efficient foot position and a change in sensation underfoot, they are fundamentally designed to increase comfort.
- If you are currently in a training programme, then we suggest that you run every other day with the original shoe liners in your footwear, rather than your custom insoles, alternating between the two, to maintain your training level.
- Allow up to two weeks for your feet to get used to new footwear and custom insoles. If in doubt go back a step, (use the original shoe liners), or spend an extra day or session on each step.
- Remember breaking-in will depend on your individual feet, body and the intensity, time and duration that you use the custom insoles and footwear. It may take a little more or less time accordingly.
- If during breaking-in, or at any time, you experience discomfort, e.g. redness or hot spots on your feet, or sore joints, then ease back on the process.
- If a problem continues or worsens, e.g. blisters, then stop using the footwear and custom insoles and call 020 7736 0046 to discuss your concerns and book a free follow-up Adjustment Appointment.
- If preparing for a new activity or significant challenge e.g. marathon, ultra-event, mountain climb, we recommend that you take time to prepare your feet properly. Please also see our foot preparation and blister guides at profeet.co.uk/blisters
- If at any time, you experience significant or persistent discomfort, then we advise that you stop using your footwear and/or insoles and seek professional medical advice.

FOOTWEAR FIT GUARANTEE



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Profeet custom fitted footwear and custom insoles purchased as part of a **Sport Analysis**, **3D Sport Analysis** and **3D Pro Analysis** come with our **Footwear Fit Guarantee**.

If, despite following the break in guidelines, you continue to experience issues, then a follow up Adjustment Appointment may be necessary to ensure you have the optimum solution.

The Footwear Fit Guarantee is valid for three months for footwear, and six months for custom insoles, from the date of purchase. Please keep your receipt as proof of purchase.

Please see our website for more details:
profeet.co.uk/fit-guarantees

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