

**Designed for comfort – firm multi-layered material conforms to the shoe, and does not cause heel rubbing.**

**Adjustable height – 1mm at a time up to 12mm, for best fit in each pair of shoes, and for gradual introduction.**

**Durable – will not crush or collapse.**

**Easily cleaned – does not retain odor.**

**Instructions:**

- **Peel and replace to set height.** Remove or replace top (longest) layers first. For 6mm or less, use every other layer to make two long lifts.
  
- **Remove insole** or molded footbed from shoe, and place the lift with the **smooth side up**. Trim to fit with scissors if needed, then **replace insole on top of lift**. Sticky tape is not usually needed to hold the lift in place.
  
- The Clearly Adjustable lift can also provide up to five degrees of varus/valgus wedging without change in elevation. Detailed instructions can be found at our web site.

For lots more information about choosing and using heel lifts, visit us at:

**[www.ClearlyAdjustable.com](http://www.ClearlyAdjustable.com)**