



## Wearing Your Good Feet Arch Supports

Everyone adjusts at their own pace, so listen to your body. Some adapt quickly, others need more time. Mild pressure or soreness is normal (and temporary), signaling your muscles are adapting.

Stay consistent, use Maintainers or Relaxers for comfort as needed, and know early questions are common. Your Good Feet Arch Support Specialist is always here to help.

## Adjustment Period Schedule

This schedule is provided as an example of a gradual adjustment process. Individual tolerance varies. Users should progress based on personal comfort and may advance more slowly or more quickly. No minimum or maximum wear duration is required. Start slow and increase based on how your feet feel:

- Begin with up to 30 minutes
- Gradually build to 1 hour (and beyond)
- Once adjusted, wear them comfortably during daily activities

**The Good Feet Store®**

More information at [www.GoodFeet.com](http://www.GoodFeet.com)

Good Feet  
Arch Support Specialist: \_\_\_\_\_

Phone: \_\_\_\_\_



Scan the QR code to view Good Feet videos covering the adjustment period, proper wearing for everyday shoes and activities, and how to clean and care for your supports.

STRENGTHENERS      MAINTAINERS      RELAXERS

Step 1

Step 2

Step 3

Day 1-2	Up to 30 Minutes	1 Hour	Wear anytime, no adjustment period required
Day 3-4	1 Hour		
Day 5-6	1.5 Hours		
Day 7-8	2 Hours	Can vary between two hours to full day	
Day 9-10	2.5 Hours		
Day 11-12	3 Hours		
Day 13-14	3.5 Hours		
Day 15-16	4 Hours	Anytime	
Day 17-18	4.5 Hours	Anytime	
Day 19-20	5 Hours	Anytime	
Day 21-22	5.5 Hours	Anytime	
Day 23-24	6 Hours	Anytime	
Day 25-26	6.5 Hours	Anytime	
Day 27-28	7 Hours	Anytime	
Day 29-60	Adjust wear time according to your comfort		

*Discontinue use immediately if you experience pain, numbness, tingling, loss of sensation, skin breakdown, or worsening symptoms. Continued use after symptom onset may increase the risk of injury. If symptoms persist, consult a licensed healthcare professional before resuming use.*

*WARNING: Individuals with diabetes, neuropathy, circulatory disorders, foot ulcers, or recent foot surgery should use this product only under the supervision of a licensed healthcare professional. Improper use may increase the risk of serious injury.*

*Good Feet Arch Support Specialists are not licensed healthcare providers and do not provide medical diagnoses or treatment recommendations. Guidance provided is limited to product use consistent with these instructions.*

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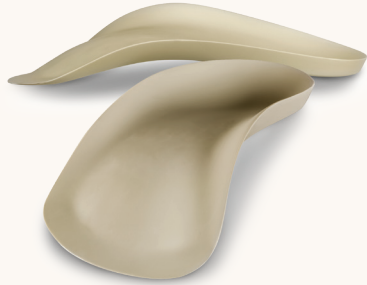


Arch Support  
Wearing & Care  
Instructions

## STEP 1

### STRENGTHENERS

Improving foot alignment



#### Product Highlights

Designed to provide a higher level of structural support for the foot.

- Designed to support foot alignment
- Supports all four arches of the foot
- Provides a firmer support profile
- Typically used in closed-toe, supportive footwear

#### Wear Duration & Instructions

Starting with up to 30 minutes on day one, increase the wear time of your Strengtheners by up to 30 minutes each day until you are able to wear your Strengtheners comfortably all day long. Remember, this is a workout for your feet, so take your time with this step.

Arch Support Color(s):

Cushion:

Your Lifestyle Activities:

Your Footwear:

## STEP 2

### MAINTAINERS

Maintaining foot alignment



#### Product Highlights

Designed for consistent structural support during everyday activities.

- Designed to maintain structural support during daily movement
- Supports all four arches of the foot
- Lower profile design to accommodate a variety of shoes

#### Wear Duration & Instructions

Maintainers can be worn for up to a few hours to start and all day after a couple of days. Use these as your transitional support throughout your adjustment period, and afterwards these will be a go-to support for the majority of your activities and in a wide variety of shoes.

Arch Support Color(s):

Cushion:

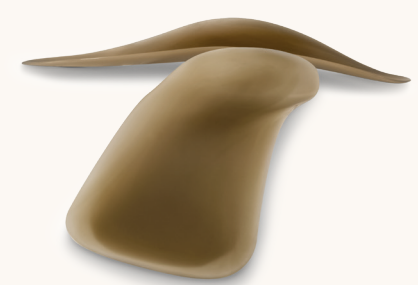
Your Lifestyle Activities:

Your Footwear:

## STEP 3

### RELAXERS

Foot freedom, the healthy way



#### Product Highlights

Designed for comfort during rest or reduced activity.

- Designed to provide lighter structural support
- Supports three arches of the foot
- Commonly used in footwear with limited space

#### Wear Duration & Instructions

Starting day one, wear your Relaxer when not wearing your other supports and give your feet a break as you transition from your daytime activities. In time you will be able to adjust to each support; being able to wear any of them all day.

Arch Support Color(s):

Cushion:

Your Lifestyle Activities:

Your Footwear: