



# NanoTech Foot Liberator

## USAGE INSTRUCTIONS

When you first use the NanoTech Foot Liberator, you may feel like you are standing on a small hard ball; this is normal. We recommend that you DO NOT use it too long at first, or your leg muscles may become strained and sore. Your feet will adapt to this process, and will feel more comfortable after a period of time; this time may vary for each person.

Follow the recommended usage time below. You may need 2 weeks, a month, or 3 months to feel comfortable. Be patient!

### Adaption Periods

This varies with the shape of your arch.

Arch Type	1st Week	2nd Week	3rd Week	4th Week	5th Week
A	1 hour	2 hours	3 hours	4 hours	5 hours
B	2 hours	3 hours	4 hours	All day	
C	3 hours	4 hours	All day		

#### Type A

Aged feet and/ or very high arches, or with existing heel pain. Adaption period is between 6 weeks to 3 months before the Liberator can be comfortably used all day.

#### Type B

Normal Arches.  
It will take about 3 weeks for comfortable continuous usage.

#### Type C

Very young and/ or very flat feet. It will take 2 weeks to fully adapt for all-day usage.

## Getting Started

Insert the NanoTech Foot Liberator into a comfortable pair of laced or sport shoes (not slip-ons).

During the adaptation period, you may feel discomfort, pain, or nausea as your posture is realigned. If this occurs, do not extend the wearing time until the condition lapses.

If you are already using other orthotics, we recommend you gradually phase them out as you adapt your feet to the NanoTech Foot Liberator.

## ! Important Supplementary Information

1. Your old shoes may have been stretched and enlarged by your feet. Because of this, most people find they have more room inside the shoe after inserting the NanoTech Foot Liberator. However, while roomy shoes are good for your feet, they could cause your feet to slide out at the heels. To prevent this, insert heel grips (you will not experience this with well-fitted new shoes).
2. In open-heeled shoes and sandals, use adhesive (double sided tape) to prevent your NanoTech Foot Liberator from slipping out, or place the NanoTech Foot Liberator inside your socks or stockings.
3. The NanoTech Foot Liberator fits most shoes without modification. However, some (e.g. sport shoes) may already have a large medial arch support. REMOVE the shoe's arch (by tearing or cutting it out), or remove the entire insole, and replace it with a flat insert. The NanoTech Foot Liberator MUST sit flat and without any sideways tilt (a low, soft arch, need not be removed).
4. The NanoTech Foot Liberator arch supports are excellent for nearly all sporting activities — READY your feet first. Follow the adaptation period recommended on page 1.
5. When buying new shoes, try them with the NanoTech Foot Liberator to make sure they are comfortable, and that the shoes are large enough to allow proper circulation. We suggest you do not buy new shoes until your feet have adapted to the NanoTech Foot Liberator.
6. The NanoTech Foot Liberator will not cause irritation, sweating, or foot odour. Simply wash it occasionally in warm water, using a mild dish washing detergent, and dry it thoroughly before re-use.
7. Excessive heat will damage the NanoTech Foot Liberator. Do not boil or microwave them, and do not expose them to temperatures above 50°C.
8. The NanoTech Foot Liberator will normally maintain its arch over many years. For some heavy-footed people the arch may seem to flatten. If it does, simply bend the NanoTech Foot Liberator backwards (heel to toe) several times. This will raise the arch and restore the natural spring. Don't be concerned about breaking them, they are guaranteed!
9. Keep your NanoTech Foot Liberator away from dogs. The guarantee does not cover damage caused by dog chomps.

# Supplemental Information On Common Foot Problems

## What Causes Heel Pain, Plantar Fasciitis, & Bone Spurs

The plantar fascia is the muscle group that runs from the heel to the ball of the foot. It serves as our “suspension system,” and works really well when walking on sand, grass, gravel, and dirt. It gets insufficient use when we walk on hard floors and in shoes, and becomes stiff and tense.

When a stiff & tense tendon is extended, it cannot stretch enough so it starts to tear (usually away from the heel), causing a painful inflammation (plantar fasciitis). The pain is most intense when getting out of bed, or out of the car after a long drive.

The body will try to fix the tear by depositing calcium at the site. This becomes the heel spur.

You need to get the muscles strong and flexible again. The best solution is either spending the rest of your life barefoot on sand, grass, or wearing a flexible orthotics (such as NanoTech Foot Liberator) which will exercise your tendons and muscles.

### *Bunions*

Sometimes, the big toe angles outwards towards the middle of the foot and second toe. This forces the top of the first metatarsal to protrude from the side of the foot at the base of the big toe. If this happens, a painful bunion (protruding joint) can form when the bones become misaligned.

The exact causes of bunions are not known, but using badly fitted shoes is believed to make the condition more acute.

- ➔ Wearing shoes with adequate toe-room is crucial. Overly taut front straps on sandals will also pull the big toe inward. Avoid using shoes that crowd the toes!
- ➔ To correct bunion problems, grip your big toe of the left foot with your right hand as you pull the toe away from the 2nd toe slowly and gently. At the same time, with the left hand, press the joint in with your thumb. You must use pressure OUT on the toe and IN on the joint.
- ➔ Rotate the big toe clockwise 30 seconds, then anti-clockwise 30 seconds.
- ➔ Do this for both feet. Repeat every other day for 12 to 18 months.

### *Hammer Toes*

Hammer toe relates to a common deformity of the foot in which either the second, third, or fourth toe is flexed at the middle joint, so that the tip of the toe is bent downward while the middle of the toe is slanted upward resembling a hammer. Hammer toe deformities are the most common affliction of the small toes.

When a hammer toe first forms, it can be eased back into its natural position. If not corrected, a hammer toe may become set and involve surgery to correct the deformity.

#### Treating Hammer Toes

- ➔ Put your thumb on your toes and your finger under the ball of your foot. Push down with your thumb. Slowly bend your toes forward. Try to get them under the ball of your foot.
- ➔ Push each toe IN and twist. Pull each toe OUT and twist. This exercises the inner muscles and tendons.
- ➔ Reach down while standing, and grasp each toe to straighten it out. Use your fingers to actually stretch the toe muscles and tendons that have contracted.

# For Effective Use Of NanoTech Foot Liberator

- If your shoes have substantial inbuilt arch support (most don't), replace the lining with a flat insole, or cut off the protrusion from the shoe's insole. A flat base is essential for the NanoTech Foot Liberator to work.
- Remember, the NanoTech Foot Liberator is a tool, not a crutch. The longer you wear it, the healthier your feet.
- Change shoes. Do not wear the same pair two days running. This is best for your feet, and for your shoes.
- Buy shoes that fit well. They must not crowd the toes, or compress the widest part of your feet.
- For extra cushioning, place a flat insole beneath the NanoTech Foot Liberator.
- Clean the NanoTech Foot Liberator monthly with warm water and dish washing detergent.
- Restore the NanoTech Foot Liberator each month by bending them backwards, heel to toe. This will increase the height of the arch, and renew the "bounce."
- Using your NanoTech Foot Liberator with sandals: To prevent the NanoTech Foot Liberator from slipping out the back of open-heeled shoes fix it in place with self-adhesive tape provided.

Thank you for choosing NanoTech Foot Liberator. If you have any questions, or concerns please contact us; we are here to help.

Please tell your friends about your NanoTech Foot Liberator, so they too can benefit from healthier feet and better spinal alignment.

## Product Warranty

The NanoTech Foot Liberator comes with a 3 year warranty against material and workmanship defects. If it breaks, cracks, or splits with normal use within this period, please contact our office. If we find the damage is due to a fault in materials or workmanship, we will provide a free replacement.

The warranty does NOT cover damage by heat (above 50°C), abrasion (wearing out), modification, negligence, dog-related damages, or other misuse.

The original receipt must be presented for all warranty claims.