



Correct Toes

Owner's Manual



What Makes Correct Toes Unique?

Created by a Sports Podiatrist



With over 20 years of experience, Dr. McClanahan understands what your feet need to heal naturally.

Designed to Align Your Feet Naturally

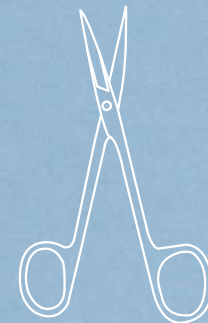
Other spacers can misalign the toes, which may lead to problems you're initially trying to prevent.



Modifiable for Your Unique Feet

Correct Toes can be modified a variety of ways to create a custom fit for your feet.

Did you know you can add soft shim material to help re-align your bunion over time?



4 Distinct Sizes

We don't recommend "one size fits all" because not everyone has the same size foot, so why would everyone wear the same size toe spacer?



Get Results While Being Active

Activity helps strengthen and reinforce natural foot position. Unlike other toe spacers, you can combine Correct Toes with **foot shaped shoes** and keep doing the activities you love!



PT. 1

Our Story

Correct Toes were designed by sports podiatrist and elite distance runner, Dr. Ray McClanahan, who was unsatisfied with the inconsistent and temporary results offered through orthotics, medication and/or surgery. He was also frustrated with his own persistent foot pain and recurring running injuries. Dr. Ray desired to cure the root cause of foot problems rather than settle for symptom management.

Through clinical experience, literature review, footwear analysis and observations of unshod elite runners, Dr. Ray realized the powerful healing effect of rehabilitating and strengthening the feet. He recognized that natural toe splay is an essential component of long-term foot health. Ultimately, Dr. Ray developed Correct Toes, a customizable and comfortable toe spacer that would enable his patients to combat and prevent common foot problems.



PT. 2

It's Not a Foot Problem It's a Shoe Problem

If you look at a baby's foot, you'll notice his/her toes are splayed, strong and flexible; and that the widest part of their foot is at the ends of the toes. Adult feet are intended to display these same qualities. However, constrictive footwear changes this shape over time, attributing to many common foot problems.



PT. 3

Placement



Those with neuropathy or diminished circulation in feet should not use Correct Toes. If you have any concerns, ask your health care provider if Correct Toes can benefit you.

Location

Find a comfortable position. They can sit at the base or higher up on your toes.

Toe Socks

Try them with toe socks which may help with fit, friction and added comfort.

Reversible

Correct Toes are reversible (unless modified).



PT. 4 Start Slow



Start by wearing Correct Toes for 30 minutes the first day and add an additional 30 minutes each day. You can start by wearing them around your house, barefoot, inside of socks, or over toe socks.



Eventually you can transition to wearing them inside of natural footwear.



Once you're comfortable, you can transition to wearing them during physical activity. Wearing them during physical activity is where we've observed the best results.

PT. 5 Take Good Care



Remove Correct Toes by gripping them at both ends and slide them on and off. Avoid other methods as they might result in the Correct Toes tearing.



To wash your Correct Toes, use a mild soap and lightly scrub them by hand with warm water.



Keep your Correct Toes out of reach of children and pets.

PT. 6 Wear Them in Shoes

Wear Correct Toes only in shoes that are widest at the tips of the toes to prevent irritation.



Use the Shoe Liner Test™: With Correct Toes on, all toes should fit on the shoe liner. Leave at least half a thumb's width of length at the end of your toes. For more information on the shoe liner test, visit our website.

Note: In general we DO NOT recommend wearing Correct Toes with arch orthotics. Learn more under our FAQ's at [correcttoes.com](https://www.correcttoes.com)



PT. 7

How Long Should I Wear Correct Toes?

Think of it this way: It takes decades for feet to conform to conventional footwear, in which muscles and tendons are held rigid in stiff foundations, preventing movement and causing atrophy. Over many years, feet weaken and conform to the shape of footwear.

Similar to the progression of starting a new fitness program, aligning and strengthening feet and toes is a slow process. Positive changes require time and are not without a few aches along the way. Anticipate using Correct Toes regularly during the transition to new footwear. Throughout the first few months, progressive use of the device will begin to yield changes in alignment. After several years of consistent use, feet become stronger. The long-term goal of Correct Toes is to maintain natural toe position without the use of Correct Toes. Correct Toes acts as a temporary training aid while lower leg musculature and toes return to the proper length-to-tension ratio and alignment, respectively.



PT. 8

Correct Toes Recycling

In an effort to reduce our impact on the planet we're happy to announce that once your Correct Toes have reached the end of their life span you now have the option to recycle them. At the ECO USA facility they will be melted down and repurposed into other silicone products, giving your old Correct Toes new life.

Send your old pair of Correct Toes to the address below:

ECO USA
516 Camden Street
Parkersburg WV 26101

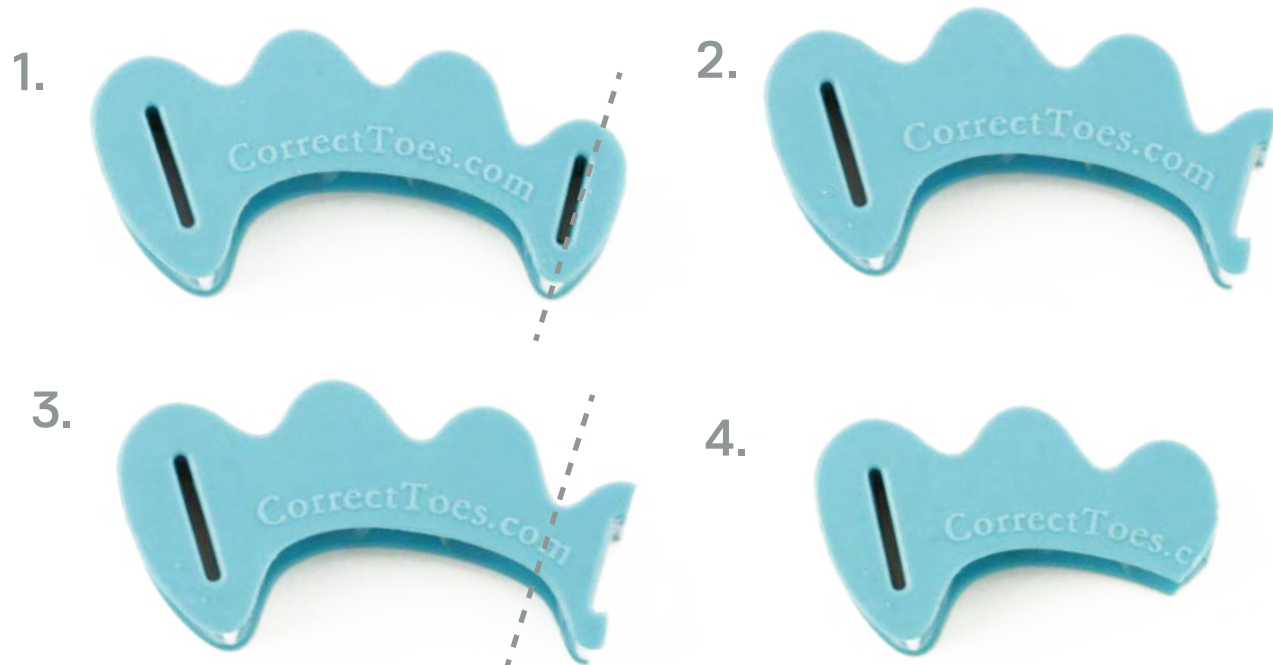


Modifications



Too Much Pinky Spread

You should be able to see your metatarsals all in a straight line on your foot when wearing Correct Toes. If your pinky toe is overspread you can use this modification to create a better fit. Start by cutting off half of the pinky spacer. Try the Correct Toes on again, and if irritation persists, cut off the remaining portion of the pinky spacer.



Additional Spread

If after 3-4 months of regular Correct Toes use you need additional spread you can add a shim to the pylons. Use a pair of tweezers to pull into place a shim.

(A shim is any soft, flexible material that can be used to spread or widen the hollow cavity within the Correct Toes pylons. Try cutting out a piece of an old shoe liner and inserting it into the slot.)



Too Tight On Toes

At first try a larger size. Our exchange program is outlined on the resources page. If a larger size does not help, you can take sissors and cut a small hole on the top and/or bottom of the previous pair to allow for elasticity.

1.



2.



1.



2.



3.



4.



Hammertoes

Start by cutting a small hole in the Correct Toes over your hammertoe similar to the "Too Tight on Toes" modification. If that doesn't allow for enough elasticity, you can then proceed to trim away the top interspace to make room for your toe.

Correct Toes Sliding Off

Trim off the inside portion of the big toe and pinky toe spacer to allow the Correct Toes to slide further onto your toes

Alternatively, Correct Toes can be prevented from sliding off by wearing them inside of socks or over toe socks.

1.



2.



Irritation + Rubbing

To prevent irritation and rubbing you can wear toe socks to create a barrier between your skin and the Correct Toes.

It is also advised that you try the shoe liner test to ensure that your shoes are adequately wide enough to support wearing Correct Toes inside them. Reference the "Wearing Them in Shoes" section for instructions on the shoe liner test.



Resources



Correct Toes approved shoe list



How to modify Correct Toes



How to transition to natural shoes



Bunion stretch and foot strengthening exercises



Foot conditions and problems

Visit [correcttoes.com/resources](https://www.correcttoes.com/resources) to access these natural foot health resources.

30
Days

Correct Toes is proud to offer a 30-day-no-worries return policy, with a 90-day materials warranty for replacement of Correct Toes. All returns and exchanges must go through original place of purchase.

Contact



[CorrectToes.com](https://www.correcttoes.com)



info@correcttoes.com



Toll free: 855-344-8533
(US, Canada, Guam and Caribbean)

Direct: 503-243-2699



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Disclaimer: The information in this manual is based on our knowledge, research and experience, and is offered for educational purposes only. It is not intended as medical advice or to replace a one-on-one relationship with a qualified healthcare professional. The reader should be cautioned that there is an inherent risk assumed with changing footwear and with participating in any form of physical activity. With that in mind, readers are encouraged to make their own healthcare decisions based on their personal research and in partnership with a qualified healthcare professional.