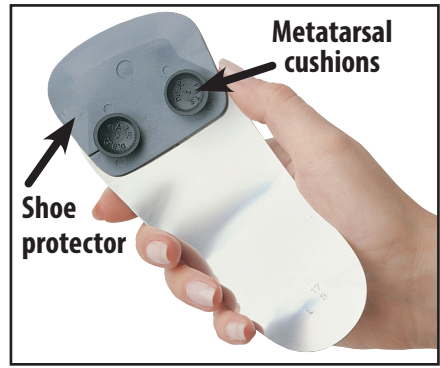


# CHANGING FEATHERSPRING PARTS

To properly maintain your Feathersprings and to ensure proper flex and support, metatarsal cushions and shoe protectors must be replaced regularly. Lifetime Guarantee requires you change metatarsal cushions every 3-6 months and shoe protectors every 6-12 months.



## How to remove shoe protector and metatarsal cushions



1. Turn Featherspring over so you're looking at the underside of support.
2. Grip metal of Featherspring firmly in one hand with the shoe protector pointing up.
3. Place palm of other hand over the metatarsal cushions and curl fingers over the top of the shoe protector so that the tips of your fingers are just at the edge on the other side of the Featherspring.
4. Close fingers over top of the shoe protector (and while still applying a little pressure in the palm area) then pull back on the shoe protector towards yourself and to the outside. Both the shoe protector and the metatarsal cushions should come off.
5. If the metatarsal cushions did not come off when you removed the shoe protector, they can be removed from the post on the underside of the Featherspring by pushing thumb on bottom side of cushion and applying pressure up and out. If enough pressure cannot be applied by thumb only, you can use a small pair of needle-nose pliers. Please be mindful of the posts.

## How to attach metatarsal cushions

1. Grip metal portion of Featherspring in one hand with the metal posts facing you.
2. With other hand, hold metatarsal cushion edges between your first and middle finger (with small opening in cushion pointing up between fingers) and place pad of thumb in divot of cushion.



*Instructions continue on reverse side.*

- Position hole in cushion at slight angle to the edge of the round flat piece on top of post. Add enough pressure to thumb to hold cushion in place and reposition your index and middle finger over edge of Featherspring so that your fingers are opposite the cushion.
- Squeeze fingers and thumb together while pushing with your thumb up slightly and then down toward the surface of the Featherspring. The metatarsal cushion should snap onto the post.
- Repeat steps to attach the second metatarsal cushion.



### **How to attach shoe protector**

- Attach metatarsal cushions before attaching shoe protectors.
- Hold shoe protector so that the size number with R (right) or L (left) is facing towards you.
- Grasp the top portion of the shoe protector on the sides (*above the slits*). With the thumb and first fingers squeeze the shoe protector so the sides fold in towards each other. (*Don't worry. This won't break the shoe protector.*)

- In one hand hold the shoe protector squeezed together with the flat, bottom edge up forming a "T" shape. Pick up the Featherspring in the other hand and grasp firmly as in earlier steps.



- Hook one side of shoe protector under one metatarsal cushion then give a slight turn and release sides of shoe protector. The shoe protector should now be attached on one side. (*It will be upside down until you rotate it into place.*)
- Rotate shoe protector so that the other opening goes slightly past second metatarsal cushion. Using thumb pressure, gently guide shoe protector under and around the metatarsal cushion.

**Note:** Some people find it easier to work with the shoe protectors if they soften them with a bit of heat. You can hold the shoe protector under warm water or a low setting on a hair dryer. **Questions? Call Luxis toll-free: 1-800-628-4693 Mon-Fri, 8AM-5PM Central Time**