

LATERAL WEDGE HEEL PAD



ABOUT THE PRODUCT

A lateral heel wedge is a shoe insert designed to correct foot and ankle alignment by slightly raising the outer edge of the heel. It helps to reduce stress on the knees, ankles, and feet by shifting pressure away from the inside (medial) part of the foot. This can be beneficial for those with conditions like bow-leggedness (genu varum), knee pain, or pronation.

BENEFITS

- One side of heel inserts is raised for medial and lateral unloading.
- Designed to place under heel for reducing the pressure & stress on muscles, tendons and joints.

HOW TO USE

- Place the pad under the ball of your foot, just behind the toes.
- Adjust until it feels comfortable and supports the forefoot.
- Use inside shoes or slippers for daily cushioning and relief.

Instructions : If the product gets dirty or sticky, clean with talcum powder, rinse with mild shampoo and water, shade dry, and avoid direct heat.

Safety : Keep away from heat and sharp objects.

THANK YOU FOR YOUR PURCHASE — YOUR COMFORT MATTERS TO US.

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