

MOJO FEET

made to move

HOW TO FIT YOUR PATIENT'S MOJOFEET CUSTOM ORTHOTICS.

1. Remove the insole from their current shoes and place it on the bottom of the MojoFeet.
2. Trace the insole onto the MojoFeet.
3. Cut the MojoFeet to size.
4. You may have to trim and shorten the MojoFeet to get a perfect fit.



BREAKING IN YOUR MOJOFEET IN 3 EASY STEPS:

1. ADAPT TO CHANGE.

Change can tend to be a little uncomfortable. Gradual accommodation to the change under your feet is best for your body. Add an hour of casual wear everyday until you can comfortably wear your orthotics all day. A little 'good mojo' goes a long way.

2. CREATE A NEW HABIT.

Once you have comfortably adapted to wearing your custom orthotics all day, its time create new patterns for how you move. Gradually accommodate to all new activities (running, dancing etc.) and shoes to ensure proper adaptation and a comfortable transition. Changing habits can change your life.

3. MOVE.

Our bodies were 'made to move' and designed to feel great while doing so. When you move well and move often, you can live a full life. Thank you for making us a part of your journey.