



## “Hey... these things feel weird!”

Our users say that our hydraulic powered anti-fatigue insoles provide a far superior experience when compared to the lesser level static (non-active) floor mats or foam/rubber “anti-fatigue” insoles.

### GETTING USED TO HYDRAULIC POWERED Shoe Insoles

**DYNAFLOW™** Insoles will feel really strange the first time you wear them in your shoes!

Our insoles use an unique hydraulic technology interacts dynamically with your feet with every step or posture change.

Typical comments from workers experiencing dynamic hydraulic insoles for the very first time include; “weird, really weird, but a really GOOD weird.”

You will quickly become comfortable with the “weird” feeling that comes from the wave-like action of the fluid massaging the bottom of your foot.

Enjoy the full therapeutic value of shoe insoles by reading and following the instructions on the package insert for breaking-in your insoles.

Wearing the **DYNAFLOW™** shoe insole activates the muscles of the calf, heel and bottom of the foot.

- Some workers may notice a short-term warming effect that occurs as blood circulation increases because the dynamics.
- The dynamics of the fluid in the insoles causes you to use muscles in your feet and legs that are seldom exercised. Some users indicate experiencing some level of foot and / or leg muscle fatigue for a very short time.
  - If your legs or feet begin to feel uncomfortable after the first few hours of wearing the insoles simply remove them for several hours. Increase your wear time over several days as, in virtually all cases, the discomfort is temporary.

Insoles are not recommended for individuals suffering from dizziness as they may experience problems due to the continual micro-movement of the foot.