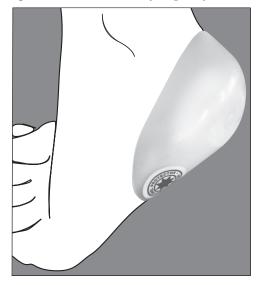
## Thank you for your purchase of our M-F Heel Protector. Eric Falk Offers Advice on Fitting the M-F Heel Protector.

Place the heel protector inside the shoe with the star down and forward. Then step into the heel protector. Most people wear it over the sock, but some prefer to wear it directly against the skin. Either way, it quickly forms itself to the heel contour and the wearer will



soon forget they have it on.

The fitting process can even be shortened by simply placing the heel protector in warm water before wearing. The material we use is amazing as it allows the heel cup to fit like a "second skin" conforming to the exact shape of each person's heel.

We recommend it for heel, shin, lower back, achilles and ankle injuries.

Thanks again and please call us with any questions.



**800-556-7464** • Fax 800-682-6950 • mfathletic.com PO Box 8090, Cranston, RI 02920-0090

