



Customized Insoles



Instructions for use

Thank you for choosing Batz customized insoles. Please read through and understand these instructions carefully. The Batz insole supports the cross arch and longitudinal arch of the foot with changed static characteristics, and keeps the optimal arches of the foot as required by an individual user, alleviating thereby the tiredness or pain of the foot mitigating complaints of the patient and improves all-day comfort.

How to use?

Batz individual insoles are designed for regular or for sport use. It is wearable naturally in urban footwear or sports footwear. They cannot be used under certain circumstances, e.g. at workplaces, where they are exposed to mud or water or to any detrimental effects of chemicals, or where the ambient temperature is out of the range of $-10\text{ }^{\circ}\text{C} - +30\text{ }^{\circ}\text{C}$.

The whole-size individual insole must be used in shoes with maximum 2-3 cm heel height, and three-quarter individual insoles can be inserted in shoes with maximum 4-5 cm heel height.

It is suggested and a good practice to change insoles after 12 months of use, and not only for hygienic reasons, but also because arches of the foot may change (improve) during use, therefore it is reasonable to make a new measurement on the current state of the feet at least once a year.

Raw material of our customized insoles

The raw material of our insoles has a vibration damping feature; a foam built up of closed cells: EVA (ethylene-vinyl acetate). It is an environmentally friendly material and not harmful to health. It has excellent heat-insulating characteristics and protects your feet gains heat and cold. Resilient, highly impact resistant and keeps its form and supporting character through a long time.

Important information suggestions

At the beginning, use insoles for 1 or 2 hours a day only, and later, increase the time of use gradually through 2 to 4 weeks until you get completely used to it. Don't use insoles if it cause pain or complaints. For those, who suffer from flat foot since a long time, the use of insoles may be quite also unpleasant in the beginning. Elderly people may get used to it more slowly. It can take even 4 to 6 weeks.

Cleaning

1. Premium insoles fitted with cover materials cannot be washed – neither manually, nor mechanically. Only surfaces are to be cleaned.
2. Insoles with premium leather and velour leather covers are to be cleaned with leather cleaning spray. Surfaces not covered with leather but with memory foam or Batz sport cover or other technical materials are to be cleaned with wet sponge.
3. Standard insoles and the ones without cover material can be kept clean easily. Insoles w/o covering can be washed manually or in washing machine at 30 °C with general-purpose detergents.
4. No insoles can be cleaned with organic solvents or strong disinfectors.
5. It is suggested to aerate customized insoles during the night pulled out of the shoes.
6. Insoles can be damaged upon the exposure to a 60°C or higher temperature and they must be also prevented from strong mechanical impacts.
7. If an insole becomes wet, pull it out of the footwear and dry that way completely.
8. Don't dry them near to naked flame, neither by exposing them to high temperature, e.g. on a radiator or with hair dryer.

Claims and complaints

We give 6 months quality guarantee for our customized Batz insoles and expect maximum 1 year of wearing. Please indicate your quality complaints at the place of ordering, if you otherwise have used the insole purpose fully, asking for taking notes on your complaints.



Use of the customized insoles

Take the original insole out of your shoe. If there is no removable insole in the shoe, please check if there is any in-built



arch-support in the footwear. **No insole can be put into shoes fitted with integrated arch support.** Furthermore, please check whether the width of the footwear allows enough space both for the insole and your foot. It is frequently a good practice to buy a footwear by one size bigger, if you have to use insoles. When purchasing a new pair of shoe, try it on together with insole!

Insert the individual insole to the heel part of the footwear. You should ensure 1-2mm back-and-forth movement for the insole. Put the left insole into the left shoe, and the right into the right shoe. Check the matching, the perforated part of the longitudinal arch on the covering material (see: **a**) must fall to the inner side of the shoe. If the insole is under tension or it doesn't fit into the shoe, it have to be corrected. Only the toes-side of the insoles can be cut. Please don't "correct" the shape at the heel-end of the insoles.



How to use three-quarter customized insoles?



- 1.** You should loosen the shoe laces and velcros through their whole length. Open the upper part of the shoe as wide as possible.
- 2.** The heel part of the three-quarter insoles must be fitted to and pushed onto with strength to the heel part of the shoe.
- 3.** Place the shoe almost horizontally when you put it on, to prevent the insole from crawling forward, when your foot is pushed into the shoe.
- 4.** Then, put your foot with the shoe on the floor, stand up and check if the insole is in its right place or not.
- 5.** The footwear with insole fits to your foot correctly if the plantar of your foot is supported by the insole properly at the areas concerned and during use the insole doesn't become uncomfortable. If the insole presses your plantar of your foot or if it is uncomfortable, it is not inserted to the right place.
- 6.** If the insole fits well into the footwear, you may pull the shoelace thoroughly or fix the buckles or the velcro properly.
- 7.** The box of the insole contains adhesive spots recommended to use with three-quarter-sized insoles. We suggest to use these, if the insole must be fixed against any removal within the shoe. Pull the covering paper from one side of the spot and stick it to the middle part of the heel of the insole's bottom side. Lastly, pull down the paper from the other side of the adhesive spot and insert and fix the insole in the inside of the shoe.





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INSOLES



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Science behind comfort