

Toe Separators

Users Guide

Toe Separators are a versatile self-care tool that has many benefits:

- Addresses foot & toe pain, ailments & deformities
- Helps facilitate natural arch support
- Helps prevent over-pronation & ankle sprains
- Can improve blood flow to your plantar fascia
- Can help restore proper sesamoid bone orientation
- Can give your body a more stable foundation
- Encourages the development of your intrinsic foot muscles
- Can enhance athletic performance by improving foot strength and stability
- Can enhance your balance, weight distribution, proprioception & dexterity
- Can help make your feet stronger, more resilient & better able to support themselves



How to use Toe Separators:

- Spread your toes and slide the separators in between your toes, with the thin side on the outside of your big toe.
- Pull the separators down in between each toe, sliding down as much as you can.
- It is recommended to **wear** them for no more than **one** hour initially, but work up to 4+ hours of continuous use.
- Start with 1 hour per day and add an extra hour each week until **you** are comfortable **wearing** them for a long period of time.
- After regaining some initial mobility in the tissues between the **toes**, **you can** start **wearing** them at night when sleeping,