

# Correct Toes<sup>®</sup> Manual

Align. Strengthen. Restore.<sup>®</sup>



## What Makes Correct Toes Unique?

### Created by a Sports Podiatrist

With over 20 years of experience, Dr. McClanahan understands what your feet need to heal naturally.

### Designed to Align Your Feet Naturally

Other spacers can misalign the toes, which may lead to problems you're initially trying to prevent.

### Modifiable for Your Unique Feet

Correct Toes can be modified a variety of ways to create a custom fit for your feet.

\* Did you know you can add soft shim material to help re-align your bunion over time?

### 4 Distinct Sizes

We don't recommend "one size fits all" because not everyone has the same size foot, so why would everyone wear the same size toe spacer?

### Get Results While Being Active

Activity helps strengthen and reinforce natural foot position. Unlike other toe spacers, you can combine Correct Toes with **foot shaped shoes** and keep doing the activities you love!

## Our Story



Correct Toes were designed by sports podiatrist and elite distance runner, Dr. Ray McClanahan, who was unsatisfied with the inconsistent and temporary results offered through orthotics, medication and/or surgery. He was also frustrated with his own persistent foot pain and recurring running injuries. **Dr. Ray desired to cure the root cause of foot problems** rather than settle for symptom management.

Through clinical experience, literature review, footwear analysis and observations of unshod elite runners, Dr. Ray realized the powerful healing effect of rehabilitating and strengthening the feet. He recognized that **natural toe splay is an essential component of long-term foot health**. Ultimately, Dr. Ray developed Correct Toes, a customizable and comfortable toe spacer that would enable his patients to combat and prevent common foot problems.



## It's Not a Foot Problem It's a Shoe Problem<sup>®</sup>



If you look at a baby's foot, you'll notice his/her toes are splayed, strong and flexible; and that the **widest part of their foot is at the ends of the toes**. Adult feet are intended to display these same qualities. However, constrictive footwear changes this shape over time, contributing to many common foot problems.

## Undo the Damage

The only toe spacer designed by a sports podiatrist to be used **while being active**. Reverse the damaging effects of footwear by using Correct Toes with naturally shaped shoes.



Wear when active, not when sleeping.  
Visit [correcttoes.com](http://correcttoes.com) to view our shoe list.

## Correct Toes Benefit:

- Natural Toe Position
- Foot Comfort
- Balance & Stability



## Use & Care

Those with neuropathy or diminished circulation in feet should not use Correct Toes. If you have any concerns, ask your health care provider if Correct Toes can benefit you.

### Placement

Find a comfortable position. They can sit at the base or higher up on your toes.

Correct Toes are reversible (unless modified).

Try them with toe socks which may help with fit, friction and added comfort.

### Start Slow

Start by wearing Correct Toes for 30 minutes the first day and add an additional 30 minutes each day.

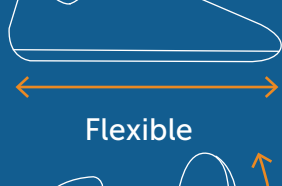
Best results are seen when Correct Toes are used during physical activity.

Begin wearing them around your house and eventually in shoes.

Expect your feet and other parts of your body to feel different, perhaps even sore for a while, as your toes realign to their natural position.

## Wear Them in Shoes

### Flat



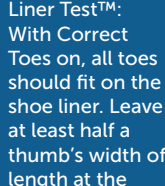
### Widest at Tips of Toes



### Flexible



Wear Correct Toes only in shoes that are widest at the tips of the toes to prevent irritation.



Use the Shoe Liner Test<sup>™</sup>: With Correct Toes on, all toes should fit on the shoe liner. Leave at least half a thumb's width of length at the end of your toes.

Note: In general we DO NOT recommend wearing Correct Toes with arch orthotics. Learn more under our FAQs at [correcttoes.com](http://correcttoes.com)

## Take Good Care

Use two hands to take off Correct Toes and avoid a "ripping" off method.



Hand wash with a light soap and warm water. Let air dry.



Keep out of reach of small children and pets.

## Correct Toes Modifications

Correct Toes are designed to be adaptable and customizable. Use the following modifications to optimize fit and increase comfort.

### Irritation + Rubbing



Wear toe socks to create a barrier between your skin and the Correct Toes.



Use the Shoe Liner Test<sup>™</sup> to ensure footwear fit Correct Toes.

Note: Try these first before making modifications.

Reference the following modifications to trim away bothersome material.

For the best results use a pair of sharp, fine point scissors.



## Bunion + Tailor's Bunion



### What is a shim?

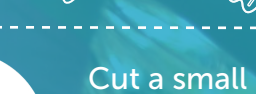
A shim is any soft, flexible material that can be used to spread or widen the hollow cavity within the Correct Toes pylons. Try cutting out a piece of an old shoe liner and inserting it into the slot.

Use a pair of tweezers to add a shim in the needed Correct Toes slot.

\*Only add the shim after 3-4 months of regular Correct Toes use.

### Too Tight on Toes

First, try a larger size.



Cut a small hole on the top and/or bottom for extra elasticity.

### Hammertoes



Start by cutting a small hole in the Correct Toes over your hammertoe.



If additional elasticity is needed, then trim away part of the top interspace.

### Too Much Pinky Spread

Start by cutting off half the pinky spacer.



If irritation persists, cut off the remaining pinky spacer.



### Correct Toes Sliding Off

Start by wearing toe socks or regular socks.



Trim big toe and/or pinky toe spacer to allow Correct Toes to slide further on.



### Additional Modifications



Additional modifications and sizing resources can be found at: [correcttoes.com/resources](http://correcttoes.com/resources)

## Resources

- Correct Toes approved shoe list
- How to modify Correct Toes
- How to transition to natural shoes
- Bunion stretch and foot strengthening exercises
- Foot conditions and problems

Visit [correcttoes.com/resources](http://correcttoes.com/resources) to access these natural foot health resources.



Correct Toes is proud to offer a 30-day-no-worries return policy, with a 90-day materials warranty for replacement of Correct Toes. All returns and exchanges must go through original place of purchase.

## Contact

- CorrectToes.com
- info@correcttoes.com
- Toll free: 855-344-8533 (US, Canada, Guam and Caribbean)
- Direct: 503-243-2699

## Follow Us

- @correcttoes
- /correcttoes
- /correcttoes
- @correcttoes

© Correct Toes 2018. All rights reserved. No part of this manual may be reproduced or transmitted in any form, without prior permission in writing from Northwest Foot & Ankle, LLC.

Northwest Foot & Ankle, LLC, DBA Correct Toes. Visit [nwfootandankle.com](http://nwfootandankle.com) to learn more.

Disclaimer: The information in this manual is based on our knowledge, research and experience, and is offered for educational purposes only. It is not intended as medical advice or to replace a one-on-one relationship with a qualified healthcare professional. The reader should be cautioned that there is an inherent risk assumed with changing footwear and with participating in any form of physical activity. With that in mind, readers are encouraged to make their own healthcare decisions based on their personal research and in partnership with a qualified healthcare professional.