

STOP FOOT PAIN NOW!

EASY AS 1, 2, 3

1 PUT LUX STEP
INSOLES IN
YOUR SHOES

2 CHOOSE THE
CORRECT SHOE
TO PAIR WITH
THE LUX STEP

3 WALK
CORRECTLY

BASIC SHOE BUYING RECOMMENDATIONS:

- BUY SHOES AT THE END OF THE DAY
- MEASURE FEET EVERY TIME SHOES ARE PURCHASED
- FIT SHOES WITH SOCKS WORN DURING THAT ACTIVITY
- TRY SHOES ON WITH LUX STEPS
- FIT SHOES TO THE LARGER FOOT
- SHOES SHOULD FEEL COMFORTABLE IMMEDIATELY (NO BREAK IN PERIOD)
- WEAR SHOES AT LEAST FIVE MINUTES IN THE STORE BEFORE BUYING

WALK CORRECTLY

NOW THAT YOU HAVE THE LUX STEP IN YOUR GOOD SHOES, YOU CAN WALK CORRECTLY. WHEN YOUR FOOT WAS NOT MOVING CORRECTLY, YOU DEVELOPED COMPENSATIONS IN HOW YOU WALK THAT NEED TO BE CHANGED.

CORRECT WALKING:

WALK AT A GOOD PACE WITH A LONGER STEP, WALK FASTER, AND THINK ABOUT ROLLING THROUGH YOUR BIG TOE. IN OTHER WORDS, WALK LIKE YOU MEAN IT! AVOID SHUFFLING! SWING YOUR ARMS! TRY TO CONTINUE YOUR EXERCISE PROGRAM TO TOLERANCE. AS YOU START WALKING BETTER, YOU WILL START TO FEEL BETTER AS WELL.



INCORRECT WALKING:

YOUR STEP IS SHORTENED. YOU ARE SHUFFLING AND NOT ROLLING THROUGH THE BIG TOE. YOU ARE NOT STANDING UPRIGHT AND SLOUCHING OVER. ARM SWING IS POOR.



HOW TO SELECT A GOOD SHOE TO PAIR WITH THE LUX STEP® INSOLE



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CLUFFY™
STEP BETTER • FEEL BETTER®

THE SHOE NEEDS TO BEND IN BACK OF THE TOES, NOT IN THE ARCH, AND NOT BE STIFF AND UNBENDABLE

1



CORRECT



INCORRECT



INCORRECT

THE HEEL SHOULD BE STIFF WHEN PUSHING FROM SIDE-TO-SIDE

2



INCORRECT

CORRECT



THE SHOE SHOULD NOT BE OVERLY FLEXIBLE AND YOU SHOULD NOT BE ABLE TO TWIST IT VERY MUCH

3



CORRECT



INCORRECT

ENSURE THE TOE BOX IS HIGH ENOUGH WITHOUT CROWDING THE TOES

4



INCORRECT



CORRECT

THE SHAPE OF THE SHOE SHOULD MATCH THE SHAPE OF YOUR FOOT

5



INCORRECT



CORRECT