

SHOE LIFT BALANCER

SUP3096



To see all FAQs in one place,
visit vhealth.link/j3c



QUICK START GUIDE

HEIGHT ADJUSTMENT

Choose from 3 height levels to match your medical footwear. Wear over your regular shoe on the unaffected foot. Select height based on your specific medical boot, cast, or orthopedic shoe.



BREAK-IN SCHEDULE

DAY	DURATION	ACITIVITY LEVEL	NOTES
Days 1 - 3	3 - 4 hours	Light walking	• Monitor comfort and balance • Check body alignment
Days 3 - 5	5 - 7 hours	Light walking	• Gradually increase walking distance • Ensure proper height adjustment
Days 6 - 14	8+ hours	Normal activity	• Build up to regular daily wear • Watch for signs of uneven gait



Distributed by

vive health

8955 Fontana Del Sol Way
Naples, FL 34109
1-800-487-3808
www.vivehealth.com

⚠ IMPORTANT

- Stop use if you experience pain or discomfort.
- Check alignment daily.
- Adjust height if shoulders or hips become uneven.
- Consult healthcare provider if unsure about fit.

INSTRUCTIONS FOR USE

1. Select height to match medical footwear.



2. Step into the balancer, position the heel strap and then pull the top strap through the D-ring to tighten it to your desired level.



3. Wrap toe strap.

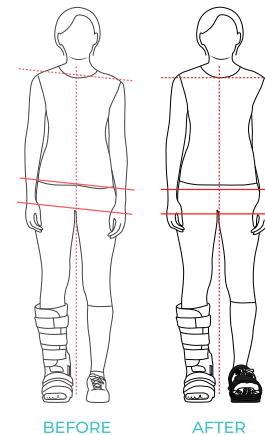


4. Check straps - secure but not tight.



PROPER FIT CHECK

- Shoulders level
- Hips aligned
- No leaning or tilting
- Adjust height if uneven



CARE INSTRUCTIONS

Spot clean if needed, keep dry.

WARNINGS ⚠

- Consult doctor before use if you have pre-existing conditions or allergies.
- Stop use if pain, numbness, swelling, or skin irritation occurs.
- Do not wear over open wounds or while sleeping.
- Do not overtighten - check fit regularly.
- Replace if damaged.
- Not a substitute for medical treatment.

WARRANTY

One-year warranty against defects. Contact customer service with proof of purchase.