

How to Place the Metatarsal Pad in Your Shoe

- Carefully palpate the bottom of your foot to find the areas of maximum tenderness. These you will find are directly under a hard bone in the ball of your foot.



- Mark the tender areas with lipstick (a color that will contrast with the color of the shoes insoles).

- Place your barefoot into the shoe and take 2-3 steps.
- Remove your shoe and check inside for the marks.
- Remove the paper from the sticky surface of the "Hapad". Situate the Hapad in the shoe so that the edge of the Hapad is placed between the heel of the arch close to but not over the lipstick mark.

