

PRIMALSTEP

TOE SEPARATORS USERS GUIDE

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PRIMALSTEP TOE SEPARATORS ARE DESIGNED TO REESTABLISH FOOT STABILITY AND FLEXIBILITY, MAKING THEM IDEAL FOR THOSE WHO WEAR NARROW TOE BOX SHOES, HIGH HEELS, CLEATS, SKATES, CLIMBING SHOES, OR FLIP FLOPS. THEY REALIGN FEET TO THEIR NATURAL POSITION, PROVIDING SUPPORT FOR ANKLES, KNEES, HIPS, AND LOWER BACK.

REGULAR USE CAN REDUCE THE RISK OF NEEDING THERAPY FOR CONDITIONS LIKE PLANTAR FASCIITIS, BUNIONS, CORNS, HAMMERTOES, BLISTERS, OR OVERLAPPING TOES, WHILE ENHANCING OVERALL FOOT FLEXIBILITY AND MOBILITY, MAKING THEM SUITABLE FOR ATHLETES, YOGA STUDENTS, OR ANYONE NEEDING FOOT RELIEF.



HOW TO USE OUR PRIMALSTEP ORIGINAL SERIES:

TO SET UP PRIMALSTEP ORIGINAL SERIES TOE SEPARATORS, ENSURE YOUR FEET ARE CLEAN AND DRY BEFORE USING IT TO PREVENT ANY DISCOMFORT OR SKIN ISSUES.



STEP 1: HOLD THE TOE SEPARATOR AND PLACE THE LARGE LOOP AROUND THE BIG TOE. MAKING SURE EACH TOE IS POSITIONED CORRECTLY IN ITS DESIGNATED SLOT.



STEP 2: GENTLY INSERT EACH TOE INTO THE CORRESPONDING SLOT OF THE SEPARATOR, ENSURING IT FITS SNUGLY BUT COMFORTABLY.



STEP 3: ADJUST THE SEPARATOR AS NEEDED TO ENSURE IT IS SECURE BUT NOT TOO TIGHT, ENSURING IT FEELS COMFORTABLE AND DOES NOT CAUSE ANY PAIN.

HOW TO USE OUR PRIMALSTEP APEX SERIES:

TO SET UP PRIMALSTEP APEX SERIES TOE SEPARATORS ENSURE YOUR FEET ARE CLEAN AND DRY BEFORE USING IT TO PREVENT ANY DISCOMFORT OR SKIN ISSUES.



STEP 1: HOLD THE TOE SEPARATOR AND PLACE THE LARGE LOOP AROUND THE BIG TOE. MAKING SURE EACH TOE IS POSITIONED CORRECTLY IN ITS DESIGNATED SLOT.



STEP 2: IF DESIRED, INSERT THE PROVIDED SEPARATOR PILL IN THE OPENING ADJACENT TO THE BIG TOE TO INCREASE THE SEPARATION.



STEP 3: GENTLY SET EACH TOE INTO THE CORRESPONDING SLOT OF THE SEPARATOR, ENSURING IT FITS SNUGLY BUT COMFORTABLY.






4-WEEKS TOE ALIGNMENT PROGRAM

This program gradually increases wear time weekly to ensure comfort, effective alignment, and gradual adaptation.

SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1 5-10 MINUTES	WEEK 1 5-10 MINUTES	WEEK 1 5-10 MINUTES	WEEK 1 5-10 MINUTES	WEEK 1 5-10 MINUTES	WEEK 1 5-10 MINUTES	WEEK 1 5-10 MINUTES
WEEK 2 10-15 MINUTES	WEEK 2 10-15 MINUTES	WEEK 2 10-15 MINUTES	WEEK 2 10-15 MINUTES	WEEK 2 10-15 MINUTES	WEEK 2 10-15 MINUTES	WEEK 2 10-15 MINUTES
WEEK 3 15-20 MINUTES	WEEK 3 15-20 MINUTES	WEEK 3 15-20 MINUTES	WEEK 3 15-20 MINUTES	WEEK 3 15-20 MINUTES	WEEK 3 15-20 MINUTES	WEEK 3 15-20 MINUTES
WEEK 4 20-30 MINUTES	WEEK 4 20-30 MINUTES	WEEK 4 20-30 MINUTES	WEEK 4 20-30 MINUTES	WEEK 4 20-30 MINUTES	WEEK 4 20-30 MINUTES	WEEK 4 20-30 MINUTES

If at any point discomfort arises, reduce wear time or take breaks as needed.

OUR BEST SELLERS

	 <p>APEX Bundle Add to Cart</p>	 <p>Size XL, Ultra Durable Add to Cart</p>	 <p>Size L, Ultra Durable Add to Cart</p>	 <p>Size S/M & Large Bundle Add to Cart</p>	 <p>PRIMALSTEP Size S/M Add to Cart</p>
Separates all 5 toes	✓	✓	✓	✓	✓
30% Thicker & More Durable	✓	✓	✓	✓	✗
Adjustable	✓	✗	✗	✗	✗
BPA & Latex Free	✓	✓	✓	✓	✓
Soft & Comfortable	✓	✓	✓	✓	✓
Designed for Athletes	✓	✓	✓	✓	✓
Gradual Realignment	✓	✓	✓	✓	✓
Comes as a Pair of Size S/M?	✗	✗	✗	✗	✓
Comes as a Pair of Size Large?	✗	✗	✓	✗	✗
Comes as a Pair of Size XL?	✗	✓	✗	✗	✗
Comes as a 4 pack (2 sizes)?	✓	✗	✗	✓	✗



QUESTIONS, COMMENTS OR CONCERNS?

Contact us any time for support at <https://primalstep.com/pages/contact>
or by emailing us at info@primalstep.com