



PRIMALSTEP Apex Series Adjustable Toe Separators User Guide

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PRIMALSTEP Apex Series Adjustable Toe Separators



Specifications

- **Product Name:** PrimalStep Toe Separators
- **Series Available:** Original Series, Apex Series
- **Usage:** Regular use can reduce the risk of foot conditions like plantar fasciitis, bunions, corns, hammertoes, etc.
- **Target Users:** Suitable for athletes, yoga students, or anyone needing foot relief

Product Usage Instructions

PrimalStep Original Series:

1. Clean and dry your feet before use to prevent discomfort or skin issues.
2. Hold the toe separator and place the large loop around the big toe.
3. Gently insert each toe into the corresponding slot of the separator, ensuring a snug but comfortable fit.
4. Adjust the separator as needed to ensure it is secure but not too tight, ensuring comfort without causing pain.

Product Usage Instructions – PrimalStep Apex Series:

1. Clean and dry your feet before use to prevent discomfort or skin issues.
2. Hold the toe separator and place the large loop around the big toe.
3. If desired, insert the provided separator pill in the opening adjacent to the big toe to increase the separation.
4. Gently set each toe into the corresponding slot of the separator, ensuring a snug but comfortable fit.

4-Week Toe Alignment Program:

This program gradually increases wear time weekly to ensure comfort, effective alignment, and gradual adaptation. If any discomfort arises, reduce wear time or take breaks as needed.

Bestsellers:

Check out our bestsellers for more options!

Contact Us:

If you have any questions, comments, or concerns, feel free to contact us at [PrimalStep Support](#) or by emailing us at info@primalstep.com

FAQs

- **Q: How long should I wear the toe separators each day?**
 - A: Start with 5-10 minutes per day and gradually increase according to the provided 4-week toe alignment program.
- **Q: Can I wear the toe separators with socks or shoes?**
 - A: It is recommended to use the toe separators barefoot for optimal results, but you can try with socks if comfortable. Avoid wearing with tight shoes.
- **Q: How should I clean the toe separators?**
 - A: Wash them with mild soap and water, then air dry before next use to maintain hygiene.

ABOUT PAIMAISTEP TOE SEPARATORS

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 FLAT 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 PRIMAL STEP ORIGINAL SERIES

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

- **STEP 1:** HOLD THE TOE SEPARATOR AND PLACE THE LARGE LOOP AROUND THE BIG TOE. MAKE 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 COMFORTABLE.



- **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 PRIMAL STEP 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 COMFORTABLE.








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

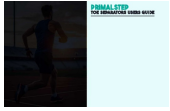
| |  APEX Bundle Add to Cart |  Size XL Ultra Durable Add to Cart |  Size L Ultra Durable Add to Cart |  Size S/M & Large Bundle Add to Cart |  PRIMALSTEP Size S/M Add to Cart |
|--------------------------------|--|--|--|--|--|
| Separates all 5 toes | ✓ | ✓ | ✓ | ✓ | ✓ |
| 50% Thicker & More Durable | ✓ | ✓ | ✓ | ✓ | ✗ |
| 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)? | ✓ | ✗ | ✗ | ✓ | ✗ |

CONTACT INFORMATION

QUESTIONS, COMMENTS OR CONCERNS?

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

Documents / Resources



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Apex Series Adjustable Toe Separators, Apex Series, Adjustable Toe Separators, Toe Separators, Separators

References

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- [User Manual](#)

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