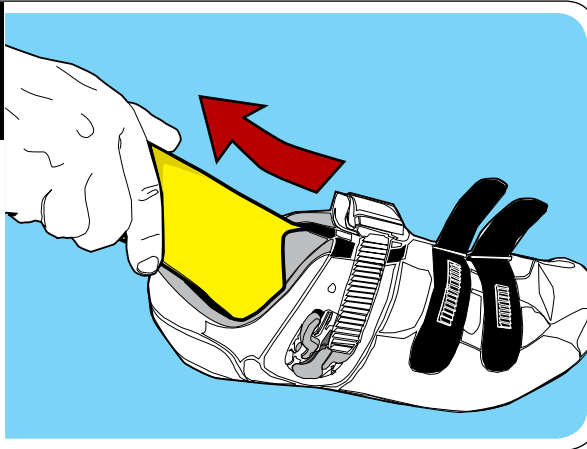


ITS (In-the-shoe) Wedge - **INSTALLATION INSTRUCTIONS**

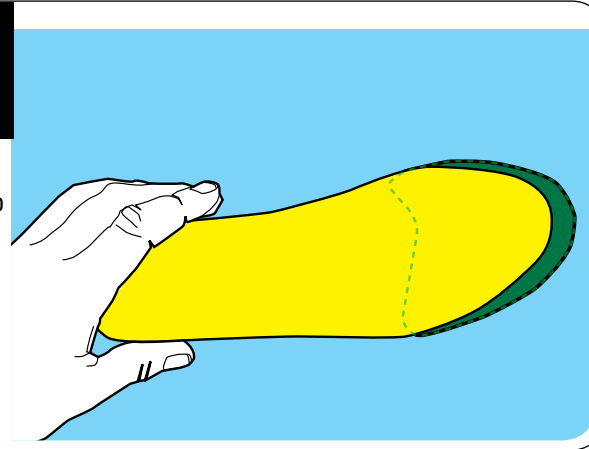
STEP 1.

Remove your shoe insole.



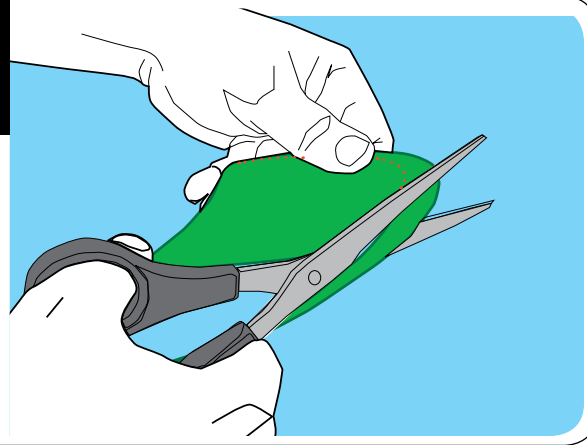
STEP 2.

Place your insole on top of the ITS-F Wedge, to determine the need to trim.



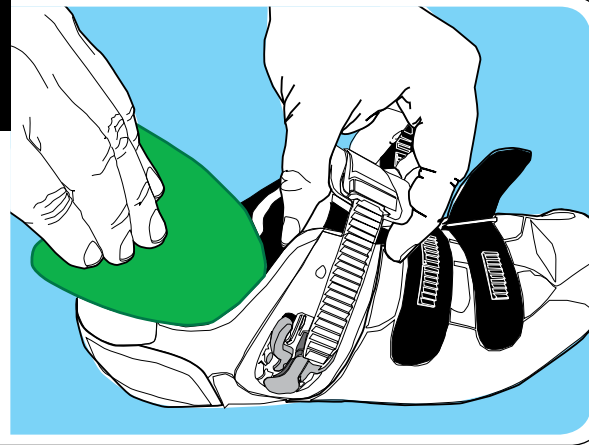
STEP 3.

If you need to trim, carefully use scissors to size the ITS-F Wedge to your needs.



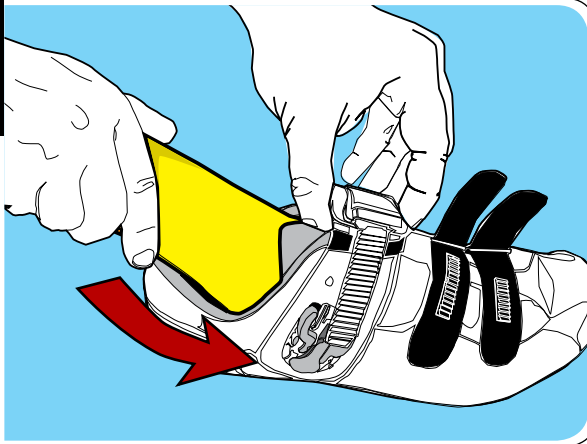
STEP 4.

Place the ITS-F Wedge into shoe with thick side closest to crank arm.



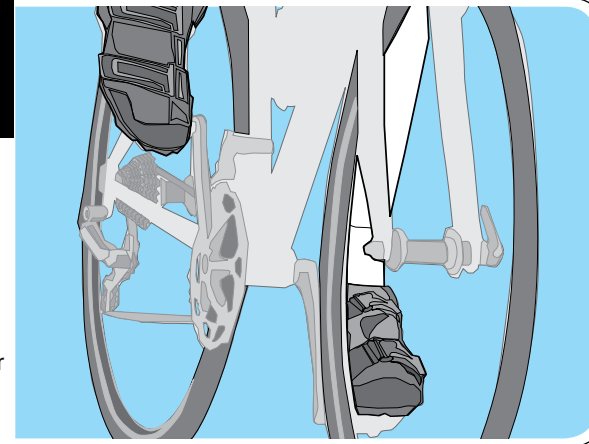
STEP 5.

Carefully replace the shoe insole inside the shoe and on top of the ITS-F Wedge.



STEP 6.

Put your shoes on and go for an easy, short test ride. Always wear a helmet when on your bike.



Uses

May provide relief from these common cycling ailments caused by improper alignment during the pedaling cycle.

- pain & pressure on the outside of foot
- hot foot
- knee pain
- hip pain
- and many more....

Other information

- A true 1.5 degree varus tilt per ITS-F Wedge
- Designed to work with most cycling shoes
- Four size (USA - Men's) options: 6-7, 8-9, 10-11 or 12-13

Always let comfort be your guide.

WARNING:

Bicycling can be hazardous and you should always wear a helmet. Always inspect your bike prior to use. Always follow the rules of the road. If you have questions about ITS-F Wedges please contact your BikeFit professional.



BIKEFIT

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WHY USE AN ITS-F WEDGE™ ?

Studies show that over 96% of the population is misaligned at the foot/pedal interface. All current conventional pedals are flat, while most feet tilt upward. This forced flat-footed connection at the pedal causes a misalignment that can have biomechanical effects from the foot all the way up the leg and lower back. Loss of power and inefficiency may result from this situation. In some cases pain, discomfort and the potential for injury exists.

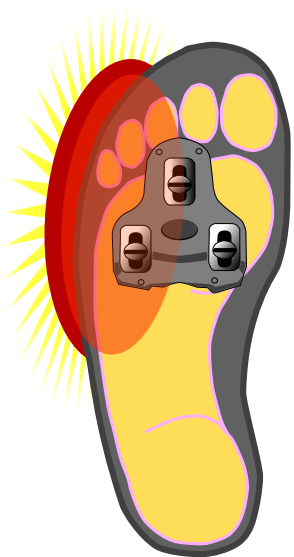
ITS-F Wedge™ (in-the-shoe) is a simple solution that corrects common foot misalignment by inserting a wedge at the forefoot to better align the foot throughout the pedaling cycle. Whether it is side to side knee movement, inward rotation at the knee, side foot pain or many other symptoms, ITS-F Wedge™ is very easy to use and an effective solution for many misalignments in cycling.

ITS-FWedge™ is designed to work with most cycling shoes. Please read all instructions carefully to insure proper use, especially if you are installing these without help from your local bicycling retailer, BikeFit Pro or foot care specialist.

Varus forefoot tilt: Nearly 90% of the population has some sort of varus forefoot tilt (forefoot tilts upward to the inside), according to studies published in *The Journal of Orthopedic & Sports Physical Therapy*.

Without any Wedge

The typical pressure point created between the foot and pedal is shown here.

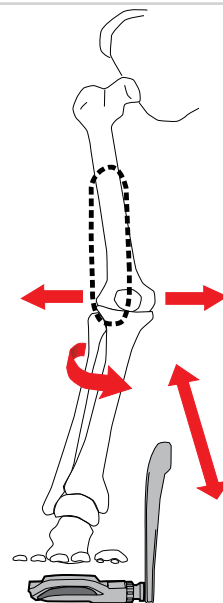


Lower leg rotates inward causing the knee to move in towards the bike frame in the pedaling downstroke. Pressure may be felt toward the outside of the foot when a varus tilt is present in the forefoot.

Result:

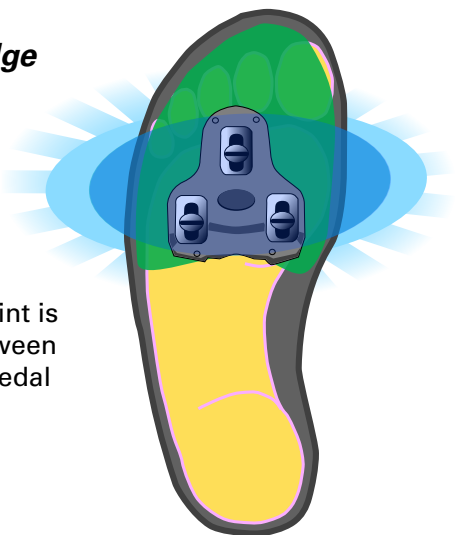
1. Repetitive side-to-side movement of the knee decreasing power and efficiency
2. Increased potential for injury

A foot with a Forefoot Varus must press down to meet the pedal, thus causing the stresses in the chain reaction shown to the right.



With an ITS-F Wedge added.

An even pressure point is created between the foot & pedal with correct alignment.



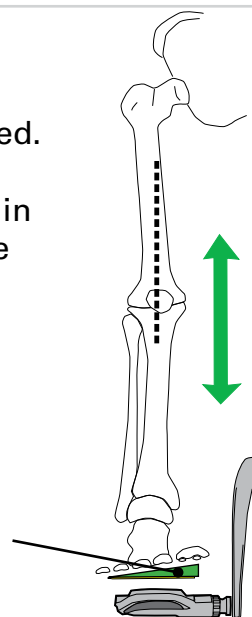
The Knee follows a near vertical path with Wedge(s) added. Foot/pedal connection point is improved.

The ITS-F Wedge places the foot in a neutral position throughout the pedaling cycle.

Result:

- More power and efficiency with less potential for injury.**

ITS-FWedge fills the gap of the foot to meet the pedal.



Improve COMFORT & ALIGNMENT with an ITS-F WEDGE!