

Dear Patient,

The unique biomechanical device used in AposHealth is designed to relieve pain and improve function, incorporating an element of mild controlled instability. Therefore, it is necessary to observe the following safety precautionary measures, instructions and guidelines while using the device.

Safety Precautionary Measures and Instructions

1. **Never wear the device on dangerous surfaces such as wet or slippery surfaces (including but not limited to, polished floors, tiled floors, ice, and/or snow), gravel, near sharp objects, on rugs, on carpets** (which are not fitted wall to wall) or any other environments, settings or surfaces that may be dangerous, as it may result in falling or injury.
2. **While wearing the device, do not climb up or down stairs (or use escalators) or go outdoors unless instructed by your AposHealth provider.**
3. **You must stop using the device if your medical condition changes, and report any changes in your medical condition, including changes** that are related to the treatment (e.g., any change of / in your stability), to your AposTherapist.
4. Do not drive or operate heavy machinery while wearing/using the device.
5. Avoid carrying any objects while wearing/using the device.
6. Socks should be worn while wearing/using the device.
7. Do not use the device before a specially trained AposTherapist has properly adjusted it. Use of the device should be according to the instructions of the AposTherapist.
8. Only use the device in your existing environment during your daily routine activities, not during enhanced or irregular activities or outside your natural environment, unless specifically instructed otherwise by an AposTherapist.
9. Do not run or play sports that involve constant running and / or fast changes of direction (e.g., basketball or tennis) while wearing/using the device.
10. When being used by a minor, the device may not be used without supervision of an adult who has been advised of the necessary instructions and safety precautions.
11. Use of this product may alter a user's balance and gait, which could increase a user's risk of falling. Users with a history of falls, dizziness, vertigo, muscle weakness, or gait / balance issues, users with disabilities (e.g., neurological disorders, osteoporosis, vision disorders) which may cause falling, and users to whom falling may be extremely dangerous, must take precaution in order to ensure their safety when wearing/using the device (e.g., supervision, walking by a wall / banister).
12. Do not use the device if you suspect that it is faulty or has been damaged. Do not try to repair the device on your own. You are advised to discontinue use immediately and contact your AposHealth provider site.
13. It is forbidden to give, sell, rent, or allow the use of your device to another person.
14. Prior to each use of the device, check / confirm that all parts are properly attached to the sole of the shoe.
15. Should any problem occur as a result of wearing/using the device, you are advised to discontinue use immediately and contact your AposHealth provider site.

This first week start with _____ minutes of normal household activities on your feet every day.

Take breaks between each bout of activity.

Increase _____ minutes of being up on your feet weekly.

Additional Notes: _____.

Your Goal

This AposHealth® program is designed just for you, to achieve your goal of:

_____ and is based on your clinical assessment (medical history, gait analysis and questionnaires).

Special instructions:

- During or after use of the shoes you may feel certain physical symptoms like those felt when starting any new physical activity, such as muscle soreness. As your body gets used to the treatment, these symptoms get better.
- If you are experiencing a lot of muscle cramps, fatigue or feel very uncomfortable when wearing the device, decrease the time.
- If the symptoms do not improve, contact your AposHealth® clinic at _____.
- Your success depends on your return for follow-up appointments. AposHealth® treatment requires 5 follow-up appointments within 1 year. The follow-up schedule is as follows:
 - Follow-up 1: Between 1 to 2 weeks after initial appointment
 - Follow-up 2: Around 3-4 weeks after follow-up 1
 - Follow-up 3, 4 and 5: Around 2-3 months apart
- **Your Best Results:** you will achieve the best results when you follow your personalized program, although a tiny bit more or less is fine. You got this!

Your Symptoms

Improvements take time – your symptoms did not arrive overnight so they will not leave immediately. The better you are at following your program, the better you will feel.

Next appointment Date: _____ **Time:** _____

Next appointment Date: _____ **Time:** _____

Next appointment Date: _____ **Time:** _____