

**Congratulations!** You are about to try on a revolutionary new type of footwear! **Quikiks™** were originally developed to enable my son, who wore a scoliosis brace, to easily put on and take off his own shoes without the need to bend over (which is nearly impossible with the brace on!). After initial proof-of-concept, it was realized that there are probably a whole bunch of other people with various challenges that could benefit from having a pair of **Quikiks™** of their own.

All **Quikiks™** come with our patented **Step-in-Go™** Hands-Free System inconspicuously embedded in the lining. The basic operating principle is very easy –To put your **Quikiks™** on, you simply slide your toes into the open shoe and as you move your foot forward and down, your heel will come into contact with the rear portion of the insole. Continued downward pressure will close up the “heel cup” (in blue in the illustration below) behind your ankle and securely fasten it closed with a magnetic catch.



**OPEN position –getting in**

In order to remove **Quikiks™** from your feet, from either a standing or sitting position, vigorously strike the heel portion of the sole downward in an arcing motion at an angle of approximately 70° to 90° to the floor and slide your foot outwards and backwards as they pop open in the back. (See illustration below) Removal is easiest if this is done in one continuous fluid motion.



**Removing your Quikiks™**

Alternatively, the heel portion of the sole may be struck against the edge of a step and then slide your foot out as described above.

**CAUTION:** If you have difficulty maintaining your balance, you should hold on to a banister or lean against a wall or other sturdy object while kicking off your **Quikiks™**, or remove them from a sitting position.

Once opened, a spring inside the hinged heel cup helps keep them open so they are ready to receive your foot for the next time you wear them.

Your pair may come with hook-and-loop straps or laces that can be used to adjust the snugness of the shoes. Adjust these initially to fit your feet comfortably and then use the **Step-in-Go™** Hands-Free System to get in and out of your **Quikiks™** from then on.

### Do you have the right size?

We tried our best to make **Quikiks™** comfortable as well as hands-free. Your **Quikiks™** should fit you similarly to regular shoes if you ordered them according to our sizing chart. If, however, you find that as you walk or run, the shoes make a clicking sound, then the shoes may be too small for your feet and you should try a larger size, or you may try swapping in a stronger magnet (See “Adjusting the Holding Strength” below).

### Customizing the Insoles

Your **Quikiks™** already come with specially designed cushioned insoles with an arch support and anti-microbial coating to help prevent the growth of bacteria. However, if you prefer to use your own insoles, you can remove the existing insoles and use yours instead. We recommend that you have your insoles modified for use with your **Quikiks™** by your orthotist, certified pedorthist or other foot care professional.

The **Quikiks™** insoles are secured in place to the footbed by means of an adhesive in the area under where your toes would be. In order to remove the **Quikiks™** insole, with the shoe in the open position, slide your fingers underneath the insole and work it free from the adhesive. While it is not absolutely necessary, it is recommended that a similar adhesive be used to attach the corresponding part of your insoles before using them. You will also notice that underneath the **Quikiks™** insole is a rigid plastic shell extending from the front of the arch support area to the back of the heel area. Unless your insoles are rigid, it will be necessary to glue a similarly rigid piece of plastic onto yours so that they can engage the Heel Cup properly without degradation. The plastic we recommend is Polypropylene.

If you replace the existing insoles, please be aware that the new ones should not be any longer than the original ones. If the new ones are longer, the shoe may not close properly. If this is the case, it is advisable to trim the new insoles to fit properly inside your **Quikiks™**.

### Adjusting the Holding Strength

**Quikiks™** are adjustable in order to customize the holding strength according to *YOUR* abilities. The method of securely fastening your **Quikiks™** is by a magnet which is located between the leaves of the hinge under the Heel Cup. Your pair has already been

equipped with “MEDIUM” strength magnets.

If you find that as you walk or run, the shoes make a clicking sound, then you may want try replacing the “MEDIUM” magnets with “STRONG” strength magnets, which can be sent to you free of charge upon request. This will increase the holding strength. If the shoes still make a clicking sound after switching to the STRONG magnets, then you probably need larger size **Quikiks™**. Be aware that switching to the STRONG magnets will require a more vigorous heel strike in order to remove your **Quikiks™**.

If you are having some difficulty kicking off your **Quikiks™**, you may want to swap out the MEDIUM magnets for WEAK magnets so that your **Quikiks™** can be removed with a less vigorous heel strike. The WEAK magnets are available free of charge upon request.

In order to swap out a magnet, someone may need to assist you. You will need a Phillips head (“+”) screw driver and to follow these steps:

1. Lift up the rear portion of the insole to expose the base of the heel cup.
2. Close the shoe
3. Unscrew the screw holding the magnet through the forward access hole in the Heel Cup and put it aside. (see illustration below)
4. Put the shoe in the open position and the magnet should now be sticking to the underside of the top leaf of the hinge. Slide the magnet off of the hinge leaf.
5. Place the new magnet on the underside of the top hinge leaf with the countersunk hole facing up and line it up with the screw hole, while making sure that the red felt spacer is lined up over the hole in the bottom leaf of the hinge.
6. Close the shoe and place the screw into the access hole being careful to line up the screw with the holes in the magnet, the red felt spacer and the hole underneath it in the bottom leaf of the hinge. Tighten the screw to secure the new magnet in place, but, **BE VERY CAREFUL** not to over-tighten the screw as this can cause the magnet to break!

