

1. Begin with the Heelift Suspension Boot and a pair of scissors



2. Cut the top corner off the foam side of the spare pad

3. Peel the paper backing off the top (only!) of the spare pad  
*(expose enough of the adhesive on the back of the pad to adhere to the bevelled edge at the proximal end of the fixed pad)*



4. Attach the Spare Pad to the Fixed Pad as shown



5. Leave the paper cover over the adhesive on the exposed portion of the Spare Pad



6. Place Foot in Heelift as shown



7. Secure straps, modify length as needed

