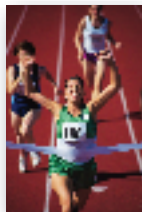


PERFORMANCE

Achieve your best

The foot is like a giant coil in running. It is a shock absorber at ground contact storing potential energy. When propelling forward the foot becomes a rigid structure releasing kinetic energy and powering the body forward. If the foot is unstable moving forward there is an efficiency loss. Investigations through the Cluffy Institute have shown that after restoring motion of the big toe joint, efficiency gains result in improved running times.

Could it be that this little simple solution would provide you with the edge for performance gains? We think so, and would appreciate hearing from you to see how this has improved your game.



POWER

Explode your potential

Everything that takes place during foot contact with the ground is about shock absorption. The foot pronates, and the knee and the hip bend. But as you move forward your foot converts to a stable structure when the big toe moves upward. The entire limb becomes more rigid and the knee and the hip straighten. Most people either have inadequate big toe motion, or it is delayed. In either case, the stability of the limb is compromised and the power of propulsion is lost. How much is this loss of power compromising your game? The P4 wedge restores your ability to move the big toe upward, and restoration of the power in the step is achieved.



How long does this product last?

Generally as long as the shoe lasts. If pains start to return it is time to replace the P4 Wedge. Do not put the shoe liner or insole with the P4 Wedge attached in the washer or dryer.

What if my toe hits the top of the shoe?

Try moving the P4 Wedge past the end of the toe down into the toe box of the shoe. If this does not resolve the problem, you may need to get a larger shoe or a shoe with a taller toe box to accommodate the height of the toes with the wedge underneath.

How do I know if this product is for me?

The best way to determine this is to try the product for a period of time. Most people notice a significant reduction of their pain or improved performance fairly quickly.

What if I experience discomfort with the P4 Wedge?

If you experience discomfort from the P4 Wedge, you may need to break into wearing this gradually. Start with only a couple of hours a day and work up from there depending on how you feel.

Cluffy Institute
2485 Manley Road
Bozeman, MT 59715



888-761-3668
406-556-3262 (P)
406-556-1322 (F)

www.p4wedge.com

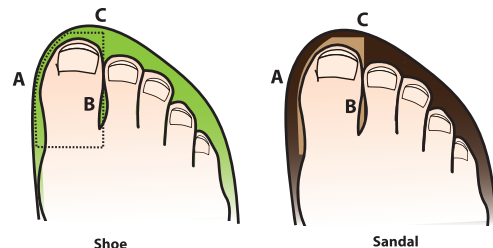


PAIN RELIEF ▼ PREVENTION
POWER ▼ PERFORMANCE

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Point A (Shoe) should be next to the inside of the shoe.

Point A (Sandal) should be placed so the toe sits on the P4 wedge. This may not line up with the inside edge of the sandal.

Side B should follow the toe position.

Side C should be 1/8 beyond the end of the big toe.

Peel the backing 1/2 off initially to make sure P4 wedge is in the proper position, before fully adhering the P4 Wedge to a clean, non glossy surface. This product does not adhere well to vinyl.

Sandal products go on top of the Sandal footbed. All other products go under the shoe liner, if possible.

Congratulations on your purchase of the P4 wedge. You have taken a huge step in restoring foot health and improving your overall well being. The adage 'when your feet hurt, you hurt all over' is very true. Now that you have installed the P4 wedge in your footwear, your foot is able to work properly as you move forward. See the figures below.

The P4 difference. Arch supports alone do not improve stability of the foot as the foot leaves the ground. Only by adding the P4 Wedge will you receive this benefit. Many conditions will be improved that do not respond to shoes and insoles alone.



When the big toe is stiff, the foot is very unstable.



The P4 Wedge allows the big toe to move.

* P4 Wedge



Movement of the big toe puts the whole foot into better alignment and stabilizes the foot.

Instructions for proper use

It is now important for you to concentrate on walking correctly. Your foot was designed to get you from one spot to the other very quickly. As you walk quicker your stride lengthens and you roll over your big toe. This causes your foot to become very stable. Your foot goes through a natural dynamic, being very loose and adaptable at heel contact, and then becoming very stable and strong as you move forward for the next step.

Because your big toe joint has not been working properly for a long period of time, you most likely have been compensating in the way you walk so that you can still walk forward but not bend your big toe. These compensations can cause a lot of problems. With a little bit of concentration, you can change the way you are walking, now that your big toe bends properly. This will help to bring your body into better posture and alignment, the health benefits to you, by doing this, should be felt almost immediately.

See the walking chart below for a visual example of the proper way to walk. After you do this for a period of time, this will become your new pattern of walking. Now you have taken a huge step to improve your overall well-being.

AFTER P4 Wedge™ (see green leg)



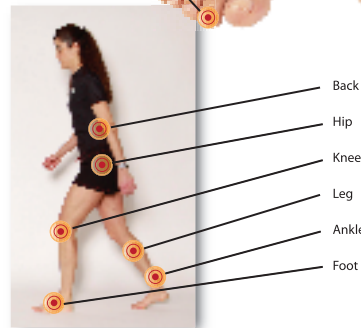
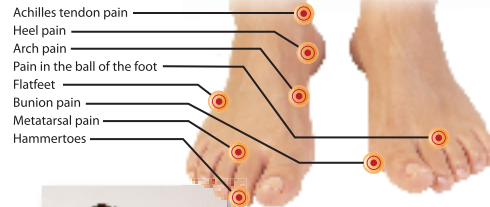
	Phase #1	Phase #2	Phase #3
Insole	✓	✓	✓
P4 Wedge™	✓	✓	✓
Insole & P4 Wedge™	✓	✓	✓

*Insole & P4 Wedge™ is the only way to control all three phases of walking.

PAIN RELIEF

Foot, Ankle, Leg, Knee, Hip, Back and Other

Some of the pains that should resolve after restoring a normal walking pattern are:



PREVENTION

Injury and deformity

It is commonly believed that just about all of the foot deformities that develop in adulthood can in one way or another be related to abnormal function. When normal function is restored, you are taking a big step toward the prevention of foot deformity.



Many overuse injuries of the Lower extremities can also be related to abnormal foot function. The adage 'an ounce of prevention is worth a pound of cure' is certainly true for the athlete. We feel at Cluffy Institute that limitation of big toe joint motion is a common cause of overuse injury. The P4 wedge will correct this deficiency, and is a huge step in preventing overuse injuries of the lower extremities.