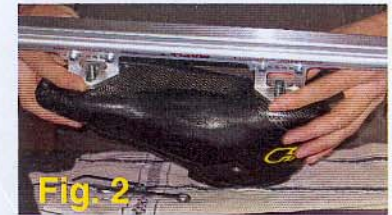
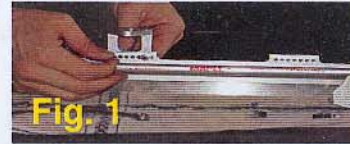


True the Blade to the Boot

- Attach the two small bolts per blade cup, and hand tighten, so that the cup remains loose with respect to the blade. (fig 1)
- Position the blade on the bottom of the boot, and place a washer over the bolt followed by the nut. Tighten the nut that attaches the blade to the boot. Do not over tighten, but ensure that the nut is snug. (fig 2&3)
- Lastly, tighten the small bolt that attaches the cup to the blade. (fig 4)



Heat the Boot in the Oven

- Remove the blade. Preheat the oven to 180 °F. (fig 5)
- Once the oven is preheated, place the boot on a cloth on top of the rack. Close the oven door and let bake for 20 minutes. (fig 5)
- Once the boot has been in the oven for 20 minutes remove and attach the trued blade. (fig 6)



Mold the Boot to Your Foot

- Loosen the laces and ensure that the buckle strap is out of the way. (fig 7)
- There is a five minute window of time while the thermoplastic is cooling but still very malleable. The thermoplastic should fully harden in 20 minutes. Cold packs can be used to accelerate the hardening
- While inserting your foot into the boot hold the top of the boot very tightly around the achilles area. This will ensure the integrity of the counter. (fig 8)
- Lightly tighten the laces. It is important not to over tighten the laces during the molding procedure because this can damage the eyelets and the eyelet area. (fig 9)
- Do not use the buckle during the molding procedure, it will damage the boot
- Begin the thermoplastic shaping by pressing very hard around the heel area, behind the ankle bones. Ensure that your knee is as far over your toes as possible. (fig 10)
- It is important during the shaping process to intermittently pull up in the arch area if you have a high arch. (fig 11)
- During the molding procedure it is also very important to take the ankle joint through a range of motion: go from the forward flexed position to a fully extended position, and back, applying pressure around the heel lock the whole time. Do this ever 4 minutes. (fig 11&12)

