



## SOUTHPAW WEIGHTED SHOE POCKETS LARGE 18891

### CONTENTS

- 2 x shoe pockets (green)  
(each 15.5cmL x 12.5cmW)
  - 2 x 0.5 lb weights  
(each 8.5cmL x 5.5cmW)
  - 2 x 1 lb weights  
(each 8.5cmL x 8cmW)
  - 2 x 1.5 lb weights  
(each 8.5cmL x 10.5cmW)
- (weight is printed on weights)



**NOTE:** The Southpaw Weighted Shoe Pockets are intended to be used over shoes – shoes are not included

### TO ATTACH TO SHOES

1. Start with the Southpaw label facing the floor, with the label towards the toe of the shoe, and the pocket towards the heel.
2. Fold the label into thirds and pass the label and webbing in between the tongue of the shoe and the laces. It is much easier to do this with the shoe off the client. At this point the Velcro should be facing up, and the label facing down. The pocket will look to be upside down.
3. Put the client's shoe back on and lace it up.
4. Place the desired weight into the pocket in this inverted position. Fold the pocket over onto the top of the shoe.
5. Fold the Velcro fastener over onto the pocket, holding it in place. If the Weighted Shoe Pocket is too loose, release the Velcro, pull the label/Velcro towards the toe (while keeping the pocket end held in place) and re-attach the Velcro to the pocket at a location closer to the top of the foot.

### MAINTENANCE CHECKLIST

All parts of the Southpaw Weighted Shoe Pockets should be checked on a monthly basis and a record kept on the Maintenance Sheet provided.

- Check for loose stitching or ripped seams. If found, discontinue use till repaired.
- Check weights frequently for loose seams. If found, discontinue use immediately and replace.
- Check the Velcro to make sure this is firmly attached. Repair if required.

### IMPORTANT SAFETY ASPECTS

1. All equipment should be regularly checked. (See Maintenance Checklist above.)
2. SI equipment should never be used without professional supervision.
3. Use weight that is appropriate and comfortable for the client.

### STORAGE

Store in a safe, dry place that is out of direct sunlight.

### CLEANING

**Please note:** The weights contain steel pellets which will rust if exposed to water or excessive moisture.

Hand wash the pockets only in a mild soap/disinfectant and water solution. Air dry thoroughly. DO NOT wash the weights. DO NOT immerse weights in water.





## LISTE DE CONTRÔLE DE MAINTIEN

**PRODUIT:** .....

À SURVEILLER	Date / S (Satisfaisant) ou R (Réparer/remplacer)													