



Correct Toes

Manual



**Align.  
Strengthen.  
Restore.**



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*Read Correct Toes  
Instructions before use.*



## Our Story

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Correct Toes were designed by sports podiatrist and elite distance runner, Dr. Ray McClanahan, who was unsatisfied with the inconsistent and temporary results offered through conventional symptom management techniques: orthotics, medication, and/or surgery. He was also frustrated with his own persistent foot pain and recurring running injuries. For both his patients and himself, Dr. Ray desired to cure the **root cause** of foot problems rather than settle for symptom management.



He embarked on a mission to discover a truly curative method of foot care. Over time, through clinical experience, literature review, footwear analysis, and observations of unshod elite runners, Dr. Ray realized the powerful healing effect of rehabilitating and strengthening the feet, and that **natural toe splay** is an essential component of **long-term foot health**. Ultimately, he developed Correct Toes, a customizable and comfortable toe spacer that would enable his patients to combat and prevent common foot problems. With his new approach to foot care, Dr. Ray successfully reversed his own foot problems as well as those of thousands of patients, for which he is thrilled and grateful. Today, Correct Toes have become a vital tool for those who find their highest joy when in motion.

## Spread Your Toes

If you look at a baby's foot, you'll notice his/her toes are splayed, strong, and flexible; and that the widest part of their foot is at the *ends of the toes*. Adult feet are intended to display these same qualities, and indeed, that's what we see in cultures where people don't wear constrictive shoes. Unshod or minimally-shod cultures also have a very low incidence of foot problems. In societies where people regularly wear close-toed shoes, foot problems such as heel pain, bunions, hammertoes, and neuromas are rampant.

*Many common foot problems can be eliminated and prevented by allowing your feet to function naturally, with toes that are splayed, straight, and strong.*

### WHY SPREAD YOUR TOES?

#### Spread Toes:

- Provide natural support for your foot arches.
- Strengthen your foot muscles.
- Alleviate many causes of foot pain.
- Encourage optimal circulation to your foot tissues by reducing impingement on toe nerves and blood vessels.
- Help eliminate over-pronation.
- Improve your balance.
- Enable proper distribution of your body weight.
- Provide stability to your ankles and knees.
- Feel more grounded.
- Enable proper, low-impact gait.
- Restore the natural beauty of your feet and toes.



## Correct Toes Are:

- Top-quality toe spacers carefully and anatomically designed by sports podiatrist, Dr. Ray McClanahan.
- The only toe spacer that can be worn barefoot or inside appropriate\* footwear while walking, running, standing, and throughout your daily activities.
- Constructed of a medical-grade silicone for maximum comfort, flexibility and durability.
- Hypoallergenic, antimicrobial, and safe for most skin types.
- Clinically used and recommended.
- Designed to be most effective while weight bearing.
- Modifiable for individual needs.

*\* Correct Toes are designed to be worn in wide slippers, or in shoes that are widest at the ends of the toes, flat, and flexible.*



**Visit [www.CorrectToes.com](http://www.CorrectToes.com) to view our recommended shoe list.**

## Foot Problems

### CORRECT TOES HELP PREVENT AND CURE:

- Bunions
- Hammertoes
- Plantar Fasciitis (A.K.A. 'Fasciitis')
- Neuromas
- Hallux Limitis
- Runner's Knee
- Shin Splints
- Ingrown Toenails
- Heel Pain
- Corns
- Capsulitis
- Lower Leg Pain



- Crooked Toes
- Flat Feet
- Sesamoiditis
- Many others

*Learn more about each of these conditions and how Correct Toes can help at [www.CorrectToes.com](http://www.CorrectToes.com), where you'll find informative foot health articles and helpful videos.*



## Benefits of Correct Toes

**Help prevent and cure foot problems without orthotics, medication, or surgery.**

- Realign your feet back to their natural state.
- Enhance balance and stability.



- Increase your athletic performance and reduce injuries.
- Naturally reverse the effects of damaging footwear.
- Align your toes to optimize your gait.
- Align your toes to eliminate bunions and crooked toes.
- Strengthen your foot muscles so that your arch naturally supports itself.
- Strengthen your foot muscles to withstand all types of weight-bearing activity.
- Increase the strength and flexibility of your toes and foot.



## Instructions for use and care



### Before You Begin

**WARNING:** Persons with diabetes or those with diminished circulation (peripheral arterial disease, or PAD) **should NOT** use Correct Toes. If you have any concerns, ask your health care provider if Correct Toes may benefit you.

**GUARANTEE:** Correct Toes is proud to offer a 30-day-no-worries return policy, with a 90-day materials warranty for replacement of Correct Toes if they break down under athletic use. **Please contact your original place of purchase for more details.**

## How to wear Correct Toes

### 1

#### Start slow.

Slowly and gradually wear Correct Toes in increments of one-half to one hour per day and add an additional hour each day.

Begin wearing them around the house and eventually in shoes.

Expect your feet and other parts of your body to feel different, perhaps even sore for a while as your toes realign to their natural position.

*\* Best results are seen when Correct Toes are used both during physical activity and at rest.*

Please consult your doctor if you have questions or concerns.

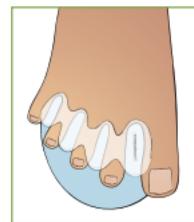
### 2

#### Wear them in shoes. \*

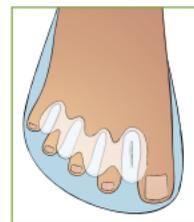
Wear Correct Toes only in shoes that are wide enough in the toe box to accommodate them without rubbing against your foot.

Ensure your shoes are wide enough.

While wearing your Correct Toes, remove your shoe liner, stand on it, and observe your foot. If any part of your foot hangs over the liner, then Correct Toes cannot work with those shoes.



too narrow



proper fit

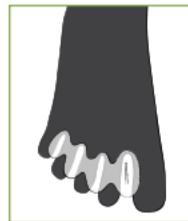
\* Watch the Liner Test video at [www.CorrectToes.com](http://www.CorrectToes.com)

- For an extensive list of recommended footwear with wide toe boxes, please view our shoe list at [www.CorrectToes.com](http://www.CorrectToes.com).

### 3

#### Try them with toe socks.

Toe socks are designed to fit your feet much like a glove fits your hand. They are the perfect socks to wear with Correct Toes and may also aid with fit and comfort.



*Note: In general we DO NOT recommend wearing Correct Toes with arch orthotics. Learn more under our FAQ's at [www.CorrectToes.com](http://www.CorrectToes.com)*

## Caring for Correct Toes

If your Correct Toes get dirty, simply wash them by hand with soap and warm water and let them air dry.

Be sure to keep your Correct Toes in a safe and secure location. Keep out of reach of small children and pets.

**If your pet mangles your Correct Toes you may order a single spacer from [www.CorrectToes.com](http://www.CorrectToes.com)**

We love animals. You may submit a photo of your pet for the “Wall of Shame” at [CustomerService@CorrectToes.com](mailto:CustomerService@CorrectToes.com)



## Sizing

Everyone has a unique foot size and shape. Correct Toes come in three sizes, to provide a customized fit.

**Please note: these are approximations.** Your true size is based not only on shoe size, but also your foot width, toe width, and natural toe splay.

Correct Toes Size	Shoe Size (USA)	Shoe Size (EU)
Small	Kid's: 1 + Women's: 5-7	32 + 37-39
Medium	Women's: 7.5-12.5 Men's: 6-11	40-45
Large	Women's: 13 + Men's: 11.5 +	45.5 +

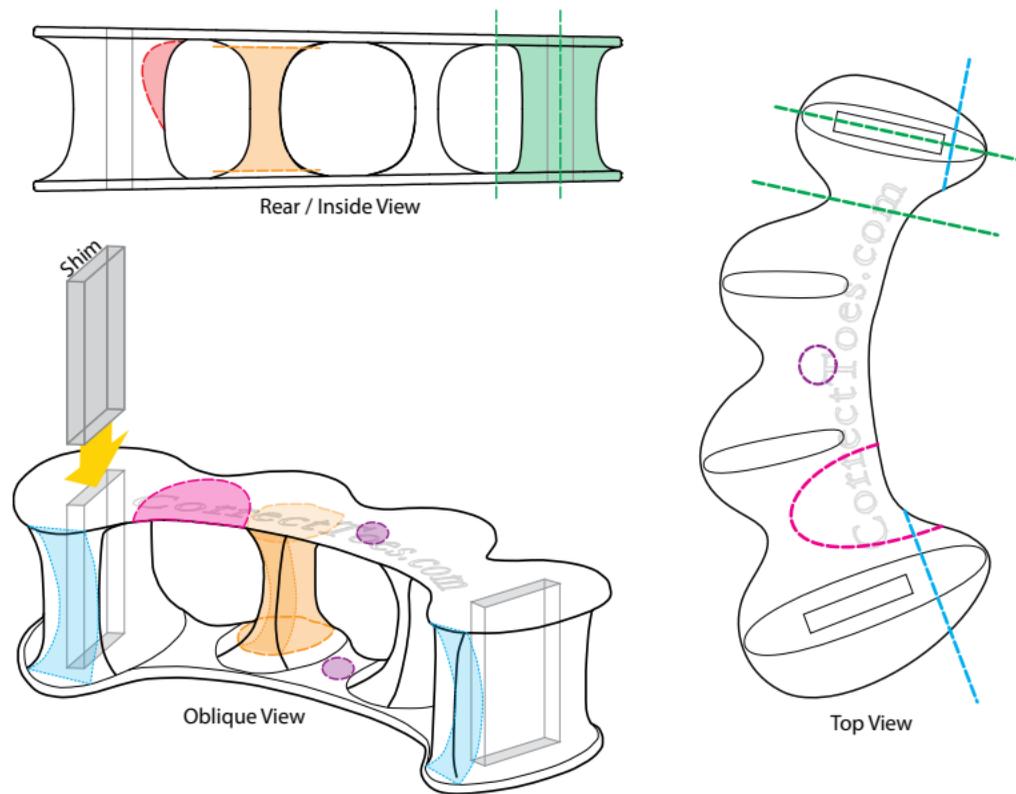
Visit [www.CorrectToes.com](http://www.CorrectToes.com) for detailed sizing information.



### Still not sure?

Take pictures of your feet standing next to a ruler, measuring the length and width of your toes, and send to [CustomerService@CorrectToes.com](mailto:CustomerService@CorrectToes.com).

## Modifications for Unique Feet



Everyone has unique feet and individual needs! With this in mind, we've designed Correct Toes to be customizable. Use the chart below to modify your Correct Toes and optimize your toe spacing experience.

Problem	Modification(s)
Skin irritation or rubbing	<ol style="list-style-type: none"> <li>1. Wear toe socks.</li> <li>2. Ensure footwear is wide enough.</li> <li>3. Use one of the following modifications to trim away bothersome material.</li> </ol>
Too much spread on pinky toe	<ol style="list-style-type: none"> <li>1. Cut off half of the pinky spacer.</li> <li>2. Cut off the full pinky spacer. Shown in <b>GREEN</b></li> </ol>
Correct Toes slide off foot	<ol style="list-style-type: none"> <li>1. Try toe socks, or a conventional sock over CT (stretch socks' toe seams first).</li> <li>2. Trim big toe and/or pinky toe pillar, to allow CT to slide further on. Shown in <b>BLUE</b></li> </ol>
Too tight on toe(s)	<ol style="list-style-type: none"> <li>1. Try a larger size of CT.</li> <li>2. Cut a small hole on the top and/or bottom. Shown in <b>PURPLE</b></li> </ol>

*Modifications continued on page 20.*

Problem	Modification(s)
Bunion Tailor's Bunion	Add a shim in the appropriate CT slot. See <b>YELLOW</b> arrow. * <i>Only add shims after 3-4 months of regular Correct Toes use.</i> • What's a shim? Take an old shoe liner and cut a piece to fit the slot in your Correct Toes.
Hammertoe	1. Cut a small hole in CT over your hammertoe. Shown in <b>PURPLE</b> 2. Trim away the interspace. Shown in <b>MAGENTA</b> * <i>Correct Toes are only effective for hammertoes that are flexible (can be manually straightened).</i>
Corn	1. Apply Moleskin 2. Cut a small hole in the top of CT over your affected toe. Shown in <b>PURPLE</b> or <b>MAGENTA</b> 3. Trim away a portion of the pillar. Shown in <b>RED</b>
Webbed toes	Trim away a portion, or entirely remove the pillar where it conflicts with webbed toes. Shown in <b>ORANGE</b>

*Additional modifications on page 19.*



Visit [www.CorrectToes.com](http://www.CorrectToes.com)  
for our **Modifications video**  
and **detailed information.**



**Bunion modifications**  
shown in **YELLOW**

**Too much spread on**  
**pinky toe modification**  
shown in **GREEN**



## Additional Resources

Knowledge of the true underlying causes of foot and toe problems is crucial in healing existing problems and preventing others. Education is a core value for us at Correct Toes and we encourage you to enjoy our free articles, videos, and other resources.

Visit [www.CorrectToes.com](http://www.CorrectToes.com) to access valuable natural foot health resources, including:

- Specific foot problems and how to address them
- Customizing Correct Toes for your unique feet

*Education is a core value for us at Correct Toes and we encourage you to enjoy our free articles, videos, and other resources.*

- Recommended shoe list
- Exercises and stretches that reduce pain and prevent injury
- Informative and instructional videos
- Results and expectations
- Sizing
- List of our retailers and health care providers near you
- Plus many more!



Follow us!



## Contact Us

[www.CorrectToes.com](http://www.CorrectToes.com)

[CustomerService@CorrectToes.com](mailto:CustomerService@CorrectToes.com)

**Toll Free:** 855-344-8533 (US, Canada, Guam and Caribbean)

**Direct:** 503-243-2699

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Disclaimer: The information in this manual is based on our knowledge, research, and experience, and is offered for educational purposes only. It is not intended as medical advice or to replace a one-on-one relationship with a qualified healthcare professional. The reader should be cautioned that there is an inherent risk assumed with changing footwear and with participating in any form of physical activity. With that in mind, readers are encouraged to make their own health care decisions based on their personal research and in partnership with a qualified healthcare professional.

Thank you for  
purchasing Correct Toes!

It is my sincere hope that, by aligning your toes and other foot joints, you will achieve greater foot strength and restore your foundation.

The Correct Toes team is honored to be part of your progress and is happy to lend support as you journey toward lifelong foot health.

—Ray McClanahan

Ray and Shannon McClanahan

A photograph of a man and a woman jogging together on a grassy path outdoors. The woman is on the left, wearing a light blue long-sleeved shirt and black leggings. The man is on the right, wearing a maroon t-shirt and black pants. They are both smiling and appear to be in good physical shape. The background shows trees and a body of water under a clear sky.

**Thank you**

Spread your toes.

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