

# INSTRUCTIONS FOR USE

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**YDA**  
YOUR DAILY ACTIVITY

## 1. WARNINGS

### THE PRODUCT

Optima Molliter S.r.l. declares that YDA footwear is a medical device if used for personalised or customised insoles made and controlled applying standard tests by licensed healthcare professionals to treat changes to foot morphology. Conceived and designed in accordance with the state of the art, YDA footwear has been tested and made compliant to Directive 93/42 GEE, as amended. Nevertheless, it should be considered that inappropriate use of the product or underestimation of resulting hazards can cause injuries or harm.

## 2. THERAPEUTIC INDICATIONS

A doctor prescription is always necessary if YDA footwear must be used for the following therapeutic uses:

- Treatment of the most common forefoot pains.
- Biomechanical movement problems.
- Rehabilitation after minor forefoot surgery (such as bunion, hammer toes, Morton's neuroma) after using post-surgery orthosis until stabilisation.
- Metatarsalgia, only if used together with a personalised insole on the patient's foot, made and controlled applying standard tests by a licensed healthcare professional.
- Polyarthritis, only if used with a **personalised** or **customised** insole on the patient's foot, made and controlled applying standard tests by a licensed healthcare professional.
- Morton's neuroma, only if used with a **personalised** or **customised** insole on the patient's foot, made and controlled applying standard tests by a licensed healthcare professional.
- Arthrosis, only if used with a **personalised** or **customised** insole on the patient's foot, made and controlled applying standard tests by a licensed healthcare professional.
- Primary prevention of diabetic foot: **foot not at risk** (no neuropathy, vascular disease, or deformity), **foot at risk** (neuropathy and/or vasculopathy), **foot at high risk** (neuropathy and/or vasculopathy and/or mild deformity and/or pre-ulcerative signs). For a **foot at risk**, footwear must ALWAYS be used together with **personalised** insoles made and controlled applying standard tests by licensed healthcare professionals. For a **foot at high risk**, footwear must ALWAYS be used together with **customised** insoles made and controlled applying standard tests by licensed healthcare professionals.

### 2.1 LIMITATIONS

The product has limitations that derive from the specific use of the product and the materials used.

## 3. LIMITS OF LIABILITY

Optima Molliter S.r.l. shall not be held liable if the product is used under the conditions listed below as improper use.

### 3.1 IMPROPER USE

Improper use means using the product in the following conditions:

- Failure to comply with the rules and instructions of the manufacturer.
- Non-compliance with or use contrary to current safety standards.
- For healing purposes without medical indications.
- For healing purposes without a personalised or customised insole made by a licensed healthcare professional who has checked the efficiency of the product applying standard tests.
- Change to size.
- Alteration of the structure by changing/adding items.
- Adaptation of footwear by altering the rule.
- Use of unsuitable cleaning products.
- Unsuitable storage.
- **People with plantar lesions.**
- People allergic to components and/or treatments of components and/or materials used to make the footwear.
- Wearing the product when there are osteo-structural alterations of the foot and/or concomitant metabolic and/or neurological and/or vascular disorders without medical written prescription/indication.
- Wearing the product on slippery/oily floors or substances.

### 3.2 PRECAUTIONS

- Strictly follow the cleaning instructions.
- Do not expose the product to open flames or heat sources in general.
- Do not use tools, blades and tools that can pierce, scratch and/or permanently damage the product.
- Do not soak the product with water, solvents and liquids in general.
- Pay utmost care when walking if there are liquid substances on the floor; do not walk on slippery/oily floors or substances.
- Do not store the product in a damp place.
- Do not let the product come in contact with water.
- It is expressly prohibited to use the product for any purpose other than as footwear. In particular, it is expressly prohibited to use the product as a weapon, tool or toy.

## 4. INSTRUCTIONS FOR USE

### 4.1 OVERVIEW

The product keeps its characteristics unchanged if used and adequately maintained throughout its useful life (one season/6 months on average) depending on environmental characteristics and its use.

**Please pay particular attention when wearing YDA footwear, make sure you open it by gently moving the elastic drawstring slider outward and sliding your foot in without putting pressure on the back of your heel. We recommend always using a shoehorn.** The product can be used directly, or can accommodate a suitable orthopaedic insole made by a licensed healthcare professional, replacing the one supplied as standard with the footwear. It is important not to change the structure and the expected support points so as not to alter the product performance.

We point out that the lining is made exclusively with materials that have not been chemically treated and not with prohibited products. In any case, discolouration and/or stains caused by normal foot transpiration must be regarded as natural.

We recommend wearing socks with both winter and summer footwear.

### 4.2 PRODUCT CLEANING

Do not use alcoholic and corrosive liquids, detergents, alcohol, laundry detergents, bleach, ammonia, and solvents.

Do not use abrasive materials and/or products, brushes, steel wool, glass paper, blades or similar, to remove stains or residues.

Do not machine wash.

Do not soak the product.

If the product gets accidentally wet, let it dry away from heat sources and in a dry environment.

### 4.3 WASHING INSTRUCTIONS

YDA footwear **MUST NOT** be machine-washed or washed by being immersed in or put under water.

To clean the lower lateral surface of the sole, use a soft sponge dampened in warm water (not exceeding 30 °C) and neutral soap.

Do not use abrasive or aggressive degreasers; preferably use detergents with a high degree of biodegradability.

Do not dry the wet or soaked product in front of heat sources; this may irreparably damage the footwear, and the warranty will be void. Optima Molliter S.r.l shall **NOT** be held liable for damages caused by abrasive products, by products that attack the materials, by direct exposure to heat sources and by improper use/maintenance.

## 5. DISPOSAL OF THE PRODUCT

The materials used in YDA footwear are partially environmentally friendly and, therefore, must be disposed of following specific recommendations.

Dispose of product responsibly.

Refer to the Italian and local regulations on the disposal of inert products.

## 6. WARRANTY

The warranty, which refers only to defects of materials used and manufacturing defects, protects the footwear pursuant to the law, only if recognized as defective by the Company, after application of the proof of purchase of the product on the back of the booklet.

