



Store these instructions in a safe place or with the enclosed maintenance checklist

## Instruction Sheet

### Weighted Shoe Pockets

2271 Small

2272 Medium

2273 Large



Take time to familiarize yourself with the use and maintenance of this equipment before using. Please file this Instruction Sheet in an accessible location: the Instruction Sheet must be read and familiar to anyone who is using Southpaw Enterprises Equipment.

**IMPORTANT: Please check equipment immediately for any damage that may have resulted during shipping. If any damage has occurred, please contact Southpaw Enterprises, Inc. immediately.**

#### MATERIALS LIST

##### 2271

2 - Small Shoe Pockets  
1 - Set of 2oz., 4oz., and 6oz. weights  
1 - Instruction Sheet  
1 - Maintenance Checklist

##### 2272

2 - Medium Shoe Pockets  
1 - Set of 4oz., 6oz., and 8oz. weights  
1 - Instruction Sheet  
1 - Maintenance Checklist

##### 2273

2 - Large Shoe Pockets  
1 - Set of .5 lb., 1 lb., and 1.5 lb. weights  
1 - Instruction Sheet  
1 - Maintenance Checklist

**IMPORTANT:** Keep all parts together.

#### INSTRUCTIONS FOR ATTACHMENT

1. Start with the 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 step with the shoe off the client).
3. Pull the label back through the laces at the very bottom of the lacing, and un-fold the label. At this point, the hook and loop fastener should be facing up, and the label facing down. The pocket will look to be upside down.
4. Place the shoe on the clients foot and lace it up.
5. Place the desired weight into the pocket in this inverted position. Fold the pocket over onto the top of the shoe.
6. Fold the hook and loop fastener over onto the pocket, holding it in place. If the Shoe Pocket is too loose, release the hook and loop fastener, pull the label / fastener end towards the toe (while keeping the pocket end held in place), and re-attach the fastener to the pocket at a location closer to the top of the foot.

#### MAINTENANCE CHECKLIST

All of the following wear points should be checked on a monthly basis and recorded on the checklist enclosed.

- Check for loose stitching or ripped seams. If found, discontinue use until repaired.
- Check weights *frequently* for loose seams. If found, discontinue use immediately and call Southpaw for replacements.
- Check the hook and loop fasteners to make sure they are securely attached. Repair if needed.

#### STORAGE PROCEDURES

- Store out of direct sunlight.
- Store where not accessible by clients without proper supervision.
- Store in a dry place. Weights contain steel pellets which will rust if exposed to water or excessive moisture.

#### CLEANING INSTRUCTIONS

Check with your infectious disease department before using these procedures.

- Check for client allergies first.
- Hand wash with mild soap and water or disinfectant.
- Air dry before using.
- **DO NOT WASH WEIGHTS — THEY CONTAIN STEEL PELLETS WHICH WILL RUST. DO NOT IMMERSE IN WATER.**

**Safety Precautions** - The safety of your clients is dependent on the appropriate choice of activity to match, yet challenge their physical abilities. Use appropriate spotting / safety techniques. In addition, the layout of your activity area, proper installation and maintenance of your equipment is critical. Southpaw equipment is not intended for recreational or outdoor use. Under no condition should this equipment be used without proper supervision.

**This sheet is for example only.** It is not meant to, in any way, replace local, county, state, or Federal standards. Be aware - it is your responsibility to find all pertinent safety information that pertains to your facility.



If you have any questions or comments, please call or write  
Southpaw Enterprises, Inc.  
P.O. Box 1047, Dayton, Ohio 45401 -1047  
Toll Free - (800) 228-1698  
Come see us on the World Wide Web at <http://southpawenterprises.com>

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