



2026 EDITION

Give your circuits a second life.

Recover the circuits from your worn pair and install them in your Q-Technology replacement insoles.

6 steps

About 15 minutes

A pair of scissors is all you need

Insoles wear out. Circuits don't.

With time and daily use, it is normal for insoles to wear out. The circuits, however, can be recovered and reinstalled.

BEFORE YOU START

Order your replacement insoles.

At shop.qbiohacking.com. Select your size carefully: you will receive a pair in the size chosen and in the colour matching your biophysical profile.

-
- Red
 - Blue
 - Purple

Get your materials ready.

- 01** Your worn pair of Q-Technology insoles
- 02** Your new pair of replacement insoles
- 03** A pair of sufficiently sturdy scissors
- 04** A clean, dry and well-lit work surface

POINT OF CARE

Handle the circuits with care.

Avoid cutting, piercing or folding them, and do not apply strong pressure while recovering them.

STEP 01

Locate the circuits.

They are generally located under the arch of the foot, just above the logo or level with it. Depending on the size, their position falls between the lower third and two thirds of the total insole length.

Take a moment to identify their position clearly before you start cutting.



2026 edition insoles — approximate circuit position.

STEP 02

Cut open, then recover the circuits.

01

Gradually cut the worn insole open around the circuit area.

02

Work slowly so as not to damage the circuit, then lift it out gently.

03

Check that both circuits are in good condition before continuing the installation.

STEP 03

Place the circuits.

Each insole has one or two openings designed to receive the circuits. Follow the two rules below.

- 01 The circuit logo must face the sky** — never against the insole.
- 02 The logo must sit in its normal reading direction** — not rotated, not upside down.



The opening designed to receive the circuit — it must lie perfectly flat.

Only one position is correct.



Correct

Logo visible,
reading direction



Incorrect

Logo rotated



Incorrect

Logo face down



Incorrect

Logo upside down

STEP 04

Peel the film, close the insole.

Check one last time that the circuits sit in their openings, logos visible, facing the right way and perfectly flat. Then peel off the brown protective film completely to expose the adhesive surface.

Lower the top layer gradually onto the bottom layer. **Start at one end and work slowly** to limit creases and air bubbles.



Peel off the brown film completely.

STEP 05

Check the bond.

Run your flat hand firmly across the whole surface of each insole. Press especially around the circuit opening, along the edges, at the heel and under the arch.

The top layer must be bonded across the entire surface — **no creases, no bubbles, no lifted areas.**



Run your flat hand firmly across the whole surface.

Your insoles are ready.

One thing left to do: fit them
correctly inside your shoes.

STEP 06

Fit the insoles into your shoes.

First remove the removable comfort insole added by many manufacturers, then place your Q-Technology insole inside. Repeat the procedure with the second shoe.

The heel seated properly at the back of the shoe

The insole lying perfectly flat

No folding, no lifting, no bumps

A comfortable foot once the shoe is on

SPECIAL CASE

Do you wear orthotic insoles?

If they are still suited to your condition and do not interact with the Q-Technology, place them **above** the Q-Technology insoles. This layering limits the risk of deformation while preserving their mechanical function.

If your shoes are too small, the layering may be uncomfortable. In case of discomfort or doubt, ask your podiatrist, orthotist or healthcare professional for advice.



Enjoy your new insoles every day.

To order your next replacement insoles:

shop.qbiohacking.com

Passive · Non-invasive · No battery · No electrode · Functional observation ·
Results vary · Not a medical claim