

**Insole blanks for
special indications**



Successfully treating foot pain

Recognising symptoms, understanding causes

Pain when putting weight on the foot, problems when rolling the foot and restricted mobility may have many causes. The most frequent triggers for such conditions are overloading, foot deformities, injuries and age-related disorders. Often an inherited predisposition to a given condition also plays a role.

The following complaints are among the most frequent causes of foot pain:

-Hallux rigidus

(Stiffening of the joint at the base of the big toe)

-Metatarsalgia

(Pain in front of the foot (the metatarsal region))

-Plantar fasciitis & calcaneal spur

(Inflammation of the plantar fascia & heel spur)

Therapy involving the insertion of insoles

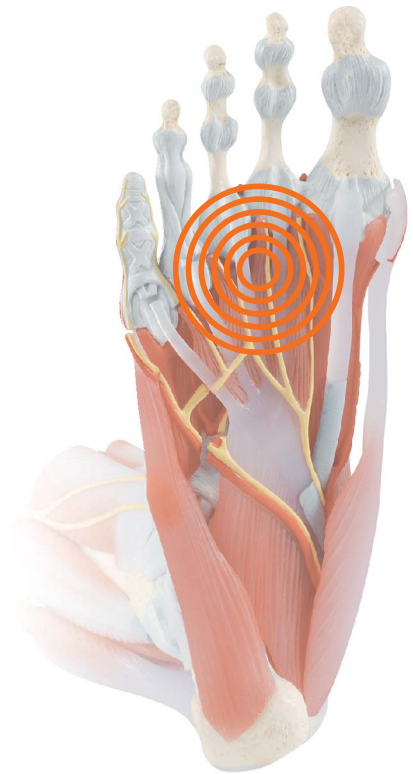
Among the methods of alleviating or eradicating pain is the insertion of suitable insoles of the kind we will be introducing you to here. They have been designed to take the load off the foot at the relevant location and, as the treatment proceeds, to allow the more rapid healing of the inflammation caused by the disorder. The insoles have been designed in line with the latest findings of orthopaedic medicine. Where symptoms are present in only one foot it is advisable to insert an insole into the other foot as well in order to maintain equilibrium.



Metatarsalgia insole blanks

Indication

Metatarsalgia refers to a range of complaints afflicting the metatarsal region at the front of the foot. Among the causes are foot deformities such as skewed, sunken and splayed feet or high arches, overloading, acute or chronic degenerative disorders or swelling of nerves, combined with constriction of the metatarsal region, for instance due to insufficiently wide footwear. This often leads to pain in the metatarsal area.



Function of the insole blanks

Our butterfly insole blanks relieve pressure on the second and third metatarsal heads. The stabilising lateral springs reduce the compression of the front foot region and thus ease the pain. The uniform cushioning of the entire footbed also helps to relieve pressure. The insole blank may for instance be individualised and adapted to the specific clinical picture through the use of a pad, while the use of a suitable compensation insole ensures that both feet remain in equilibrium.

Item N° 985439-888

- inbuilt butterfly spring
- anatomically shaped footbed
- 3 mm p² padding throughout
- film technology manufacture
- oval heel cut-outs
- without cover
- sizes 35-48
- matching compensation insole available separately (985404-888)



Hallux rigidus insole blanks

Indication

Arthrotic changes in the joint at the base of the big toe lead to movement restrictions in the case of hallux limitus and to stiffening in the case of hallux rigidus. The stage of disease is determined by the extent of movement and the x-ray findings. Slight pressure and movement are generally sufficient to induce severe pain in the swollen and inflamed joint. Compensatory adduction of the foot and rolling onto the outer edge of the foot change lead to changes in the physiological gait.

Among the causes of hallux limitus or rigidus are imbalances, mechanical overloading of the first metatarsal bone and hypermobility of the first metatarsal and phalanges. Other frequent causes are inflammation in the wake of rheumatism or infection.



Function of the insole blanks

Our hallux rigidus insole blanks feature a variety of stiffening springs under the first metatarsal and phalanges. These reduce the pressures exerted on the joint, thereby minimising pain and restoring the normal gait. Holding the joint in a fixed position alleviates the pain, thus allowing the inflammation to heal.

Item N° 450026-000

- short stiffening spring
- long stiffening spring (Item N° 450027-000)
- carbon-look artificial leather underlay
- anatomically shaped footbed
- low material thickness throughout
- film technology manufacture
- includes individually positionable foam rubber metatarsal pads
- without cover
- sizes 35-48
- matching compensation insole available separately (450015-000)



Item N° 985498-000

- long stiffening spring
- broad front foot outline
- with metatarsal compensation piece for metatarsal heads II-V
- without metatarsal compensation piece for metatarsal heads II-V (Item N° 985418-000)
- anatomically shaped footbed
- low material thickness throughout
- heel cut-out
- film technology manufacture
- without cover
- sizes 35-48
- matching compensation insole available separately (985408-000)



Item N° 985499-000

- long stiffening spring
- narrow front foot outline
- with metatarsal compensation piece for metatarsal heads II-V
- without metatarsal compensation piece for metatarsal heads II-V (Item N° 985419-000)
- anatomically shaped footbed
- low material thickness throughout
- film technology manufacture
- heel cut-out
- without cover
- sizes 35-48
- matching compensation insole available separately (985409-000)



Plantar fasciitis insole blanks

Indication

Excessive tractive and compressive force and deformities (e.g., skewed or sunken feet, high arches) can induce painful inflammatory responses in the plantar fascia. Heel spur syndrome involves degenerative changes in the plantar fascia extension itself or the short foot muscles of the calcaneus (heel bone), which may in the long term lead to painful ossification.

Function of the insole blanks

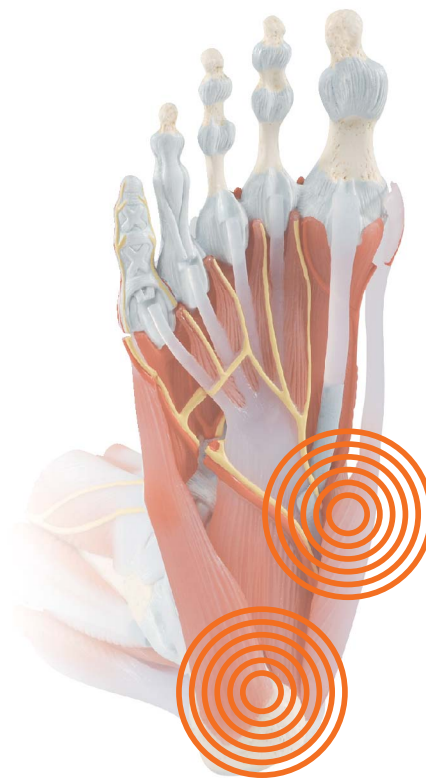
Our plantar fasciitis insole blanks relieve the load on the painful extension to the plantar fascia tendon and the plantar fascia tendon itself, as well as providing the calcaneus with additional stability. This reduces the acute pain and facilitates faster healing of the inflammation.

Item N° 970393-000

- anatomically shaped lowering of the plantar fascia tendon
- high heel cup and medial longitudinal arch support
- perforated 4 mm multiform padding throughout
- stabilising Multiforte underlay
- sizes 35-50

Item N° 971223-000

- anatomically shaped soft padding of the plantar fascia tendon
- 4 mm Lunalastik padding throughout
- integrated metatarsal pad
- stabilising Multiforte underlay
- high-quality microfibre cover
- sizes 35-48



Item N° 951556-000

- anatomically shaped soft padding of the plantar fascia tendon
- integrated foam rubber metatarsal pad
- carbon-look artificial leather underlay
- perforated 3 mm Multiform cover throughout
- low material thickness throughout
- Nova-Multiflex core
- sizes 35-48



Item N° 951206-000

- 3 mm p² padding of entire insole
- integrated foam rubber metatarsal pad
- dark-grey microfibre cover
- low material thickness throughout
- film technology manufacture
- sizes 35-48



Item N° 987623-000

- anatomically shaped cut-out of the plantar fascia tendon
- integrated metatarsal pad
- pronounced heel cup and medial longitudinal arch support
- alleviation of pressure on Basis V and front foot
- low material thickness throughout
- film technology manufacture
- high-quality microfibre cover
- also available as a **construction kit** (Item N° 987621-000)
- sizes 35-49



Individualising insole models

Use your name to create expertise and trust

Your name and logo can also be displayed on our insole models, thereby giving them your own personal touch. To bring this about we offer the following options:

- Labeling
- Stamping
- Individual covering material

Just get in touch with us. We will be glad to advise you on how to implement your personal wishes.



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