

insoles

T-Form Metatarsal Pad

- Orthopaedic insert allows the metatarsal bones to regain and retain their natural position
- Relieves the burning and stinging pains due to "spread foot"
- Made of the finest, colourfast, vegetable leather
- Unobtrusive, attaches to the inside of the shoe with a self adhesive foil



Sizes	Small	Medium	Large	X-Large
9916	T-Form Metatarsal Pad, pair			£4.10

Queen

Ladies Elegant Support

- For severely flattened metatarsal arch
- Marrow: works well in open shoes and sandals
- Small and extra thin
- Vegetable tanned leather
- Self adhesive



Ladies	3	4-5	6-7	8-9	
9914	Queen, pair				£6.60

Step

Step Straightener

- Insert supports the medial longitudinal arch
- Prevents undue strain and weakening
- Already affected feet get proper support which prevents further development of flatfoot
- Flexible
- Made of the finest sheepskin leather and moss rubber
- Easily fits in any shoe
- Self adhesive foil



Sizes	Small	Medium	Large	X-Large	
9918	Step, pair				£6.60

Point

The Heel Spur Bed

- Orthotic heel spur pad
- Supports the weight of the body, and provides a comfortable "bed" for heel spurs
- Rubber filling may be removed to produce a "donut" hole to cushion heel spur even further
- Made of moss rubber covered and with vegetable tanned leather
- Anti-slip adhesive spot



Sizes	Small	Medium	Large	X-Large	
9921	Point, pair				£8.00



Galant

Ladies Splayfoot Cushion

- Soft cushioning forefoot pad with a built in metatarsal pad
- Keeps metatarsal arch supported even in fashionable shoes
- Genuine leather self adhesive



Ladies	2-3	4-5	6-7	8-9	
9917	Galant, pair				£6.40

De Luxe

Ladies Arch Support

- A sturdy support for the longitudinal arch
- A built in orthopaedic insert for the latitudinal arch
- Made of prime quality calf leather which allows the foot to breathe
- Anti-bacterial
- Easy fix self adhesive back



Ladies	3	4	5	6	7	8	9	
9919	Deluxe Arch support, pair							£8.20

Perfekt

Heel Pad

- Orthotic heel pad
- Relieves heel pain because it absorbs shock
- Relieves the feet, knees and hip joints
- Made of genuine vegetable tanned leather
- Anti-slip with self adhesive spot



Sizes	Small	Medium	Large	X-Large	
9920	Perfekt, pair				£4.10

Girl

Ball of Foot Cushion

- Leather toe grip holds the foot and prevents the foot from sliding forward in high heels and slippers
- Self adhesive
- One size fits all



9926	Girl, pair				£3.80
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Viva Mini

VIVA MINI is designed to leave as much room as possible for the toes, and includes a longitudinal arch support and metatarsal pad. These supports allow the foot to maintain and regain an anatomically correct position.

Recommended for those who suffer from **Plantar Fasciitis**.

- Features a sturdy support for the **longitudinal arch**
- Built in **orthopaedic insert** for the **latitudinal arch (metatarsal)**
- Made from prime quality vegetable tanned leather with herbal extracts for an optimum shoe climate

Men's	5	6	7	8	9	10	11	12
Ladies	3	4	5	6	7	8	9	

9902 Viva Mini, pair £9.10



Viva

- Prime quality vegetable tanned calf leather
- Antibacterial and water absorbent
- Active carbon filters for superior comfort
- An orthopaedic design helps prevent and relieve **splayfoot** by reducing pressure on the ball and arch of the foot
- Recommended for those who suffer from **Plantar Fasciitis**
- A heel pad which relieves pressure and impact on the heel



Men's	5	6	7	8	9	10	11	12
Ladies	3	4	5	6	7	8	9	

9905 Viva, pair £13.90

Viva Winter

- Full length orthotic with a semi-rigid, heat mouldable polypropylene longitudinal arch support
- Softer pad supports the latitudinal arch (metatarsal)
- Heel cushion relieves pressure and impact on the heel
- Three-layer cold barrier:
 1. Pure wool surface
 2. High tech foam with insulating bubbles
 3. NASA style aluminium shield



Men's	5	6	7	8	9	10	11	12
Ladies	3	4	5	6	7	8	9	

9912 Viva Winter, pair £4.40

Viva Summer

- Cool comfortable, pure cotton terry
- Latex padding is grooved and perforated to promote air circulation
- Hand washable
- Makes sockless walking a pleasure, great shoe liner



Men's	5	6	7	8	9	10	11	12
Ladies	3	4	5	6	7	8	9	

9903 Viva Summer, pair £8.70

Viva Outdoor

The best insole for boots

- Semi rigid, heat mouldable polypropylene foot bed
- Same orthopaedic foot bed as Viva and Holiday: Prevents and relieves the symptoms of flattened longitudinal and metatarsal arches
- Recommended for those who suffer from Plantar Fasciitis
- Extra soft heel pad relieves pressure & impact on the heel
- Foot bed is covered by a thick cushion of compressed Jute/Felt which is non-abrasive and absorbent



Men's	5	6	7	8	9	10	11	12
Ladies	3	4	5	6	7	8	9	

9904 Viva Outdoor, pair £9.00

Siesta

- Prevents and relieves "splayfoot"
- Features sturdy yet flexible support for the longitudinal arch and a pad for the latitudinal arch (metatarsal)
- Allows the arches to maintain and to regain their anatomically correct position
- Genuine vegetable tanned leather
- Purifying active carbon filter to help prevent foot odour
- Anti-bacterial treatment to help prevent the growth of bacteria and fungi



Men's	5	6	7	8	9	10	11	12
Ladies	3	4	5	6	7	8	9	

9901 Siesta, pair £9.10

Sporty

- General sports insole, with arch support and integrated heel pad
- Shock absorbing
- Longitudinal and lateral arch support
- Hand Washable



Men's	5	6	7	8	9	10	11	12
Ladies	3	4	5	6	7	8	9	

9913 Sporty, pair £4.40



insoles

Diaped Duosoft Plus



- Innovative insole is designed for people with diabetes and arthritis
- The dual-layer design of Duosoft Plus consists of a resilient, shock absorbing urethane base and a PORON 94® top cover

Sizes 4-5 6-7 8-9 10-11 12-13

9931 Duosoft Plus, pair £11.50

Diaped Duosoft Therapeutic



- Designed to provide cushioning, accommodation and absorbency required for the diabetic or insensate foot
- Plastazote and Urethane combination
- Distinctive self contouring capabilities and hypoallergenic formulation

Sizes 2-4½ 5-6½ 7-8½ 9-10½ 11-12½

9925 Duosoft Therapeutic, pair £9.98

Diaped Trisorb



- Plastazote top cover, Poron cushioning and a high quality EVA base
- Long lasting orthotic
- Commonly used for the high-risk foot in diabetic foot care

Sizes 3 4 5 6 7 8 9 10 11

9915 Diaped Trisorb, pair £6.95

Cluffy Wedge®



Unlocking the big-toe joint can be your first and most critical step toward normal walking and physical harmony, restoring your foot to healthy and correct functionality. As normal function is achieved, pressure on the ball of the foot is balanced.

The entire foot and leg is brought into alignment and you are restored to a firm, stable foundation. This not only reduces your injury potential, but also enhances foot performance.

- Used in a shoe, sandal, or on an insole or orthotic
- Unlocks the big-toe joint and allows it to move upward, unimpeded, resulting in correct functionality

Sizes Small Medium Large

9974 Cluffy Wedge, pair £13.95

Slimflex® Kinetic Insole



Slimflex Kinetic offers a cost-effective orthotic solution to most biomechanical related conditions

- Contoured midfoot with Kinetic rear foot control
- Forefoot cushioning and wider heel cup
- Flat base for adhering orthotic wedging
- Reinforced rearfoot for increased function and support
- Micro perforations ensure ventilation
- EVA base allows for heat moulding

Sizes 3 4 5 6 7 8 9 10 11 12

9937 Slimflex Kinetic, pair £5.50

Slimflex® Simple Insole



- Fully customisable foot orthotic
- Device can be worn alone to provide general control or adapted by the clinician into a semi-bespoke device

Sizes 1-2½ 3-4½ 5-6½ 7-8½ 9-10½ 11-12½

9948 Slimflex Simple, pair £4.95

Slimflex® EVA Moulded Insole



- Basic white EVA insole with soft, smooth grey towelling cover that can be used as a basic replacement insole
- Wedges and components can be added to achieve a more custom device if required

Sizes 3 4 5 6 7 8 9 10 11 12

3436 Slimflex EVA Moulded Insole, pair £1.95

Slimflex® Standard Insole



Moulded insole with deep heel cup

- Basic strengthened green EVA insole that provides increased support
- Perforated under layer allows air circulation throughout the material when placed in the shoe
- Ideal for trialling different postings at budget-friendly prices to determine the best method of treatment
- Cost-effective solution when used with Podotech wedges

Sizes 3 4 5 6 7 8 9 10 11 12 14

3447 Slimflex Standard Insole, pair £2.95

Slimflex® Plus Insole



- Contoured Royal Blue EVA insole with a hard EVA stabiliser
- Deep heel cup and longitudinal arch provide increased support for greater functional control
- Flat base allows this basic supportive insole to be adapted to the needs of your patient with wedges and components to achieve a more custom device if required

Sizes 3 4 5 6 7 8 9½ 10 11 12

Kids Sizes Y8 Y10 Y11½ Y13 1½

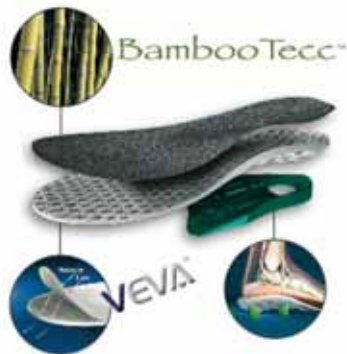
3459 Slimflex Plus Insole, pair £6.20

Healix Care

Healix Care breathable insoles use innovative environmentally friendly BambooTecc material with shock absorbing layer VEVA to bring all day comfort and support to the toughest environments - the inside of your patents shoes.

Bamboo Tecc™

BambooTecc™ is an Eco-Friendly fibre that has anti-odour (anti-microbial/anti-fungal) and high 'wicking' properties. BambooTecc™ fabrics are low friction and comfortable.



VEVA™

Breathable, ventilated shock absorbing layer. A thin, light, shock and shear absorbing 'inner' layer with Minimal weight and bulk. This vented design allows heat and moisture to move away from the foot over a wide area.

SoftShell™



- The softest Healix Care™ insole with an additional support shell
- Light weight design, moderate control and special shock absorbing gel heel plug
- Perfect as a replacement everyday insole
- Fits most footwear styles
- Indications: Plantar fasciitis, heel pain, knee or back pain, metatarsalgia

Sizes	X-Small	Small	Medium	Large	X-Large
9888	Healix Care SoftShell, pair				£12.95

Daily Living™



- Firmer than the SoftShell™ insole
- Thermo M™ arch shell provides improved control for rear and mid-foot moderate support and control for average to moderate pronation
- Lightweight design
- Works for most footwear for superior comfort
- Indications: Pronation, supination, heel pain

Sizes	X-Small	Small	Medium	Large	X-Large
9894	HealixCare Daily Living, pair				£12.95

ControlTecc™



- This is our firmest arch shell with most rear and mid foot control
- Special arch 'peg' design provides control while minimising weight and bulk
- Fits into most footwear and is ideal for heavy use and sports applications
- Indications: Pronation, supination, plantar fasciitis

Sizes	X-Small	Small	Medium	Large	X-Large
9900	HealixCare ControlTecc, pair				£12.95

Poron® Performance

Universally cut, these insoles come with a size card for you to trim to your own individual shoe size. One size fits all - 3.2mm thickness



Poron 4708 Insoles



- **Blue medical grade**
- Specially developed for the foot care industry
- Blue Poron has passed numerous medical assessments for biological responses

3485 Poron 4708 Insoles, pair £2.64

Poron 4000 Insoles



- **Grey high performance**
- Poron 4000 firmness offers excellent impact absorption for demanding outdoor work and athletic applications

3484 Poron 4000 Grey Insoles, pair £2.36

Poron 96 Insoles



- **Patina slow memory medical**
- Poron 96 slow recovery urethane is a unique custom contouring material
- Rebounds slowly when compressed

9991 Poron 96 Insoles, pair £3.42

Poron 4400 Insoles



- **Green antibacterial protection**
- Permafresh urethane stops the growth of odour causing bacteria and fungus

4032 Poron 4400 Green Insoles, pair £2.53

Poron XRD Insoles



- **Yellow extreme impact protection**
- 90% shock absorbing, soft and flexible to touch
- These insoles are contouring and breathable

9992 Poron XRD Insoles, pair £2.64

Poron Dual Layer Insoles



- **Poron 4000 & Poron 94**
- High performance urethane combines the durability and shock absorbing qualities of Poron 4000 with the softness and comfort of Poron 94

3486 Poron Dual Layer Insoles, pair £3.04

Poron Heel Cushions

Grey 4000 6mm one size

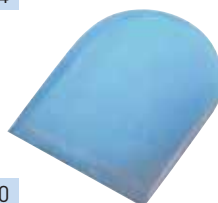
9988 With Adhesive Backing, pair £0.92
9987 Without Adhesive Backing, pair £0.84



Blue Poron 4708 6mm

- Available in small, medium and large

9989 Poron Heel Cushions, pair £1.80



Poron 94 Insoles



- **Pink slow memory**
- Poron® 94 sets a new level of advanced underfoot comfort technology
- This new material is softer and lighter with slower rebound properties

9990 Poron 94 Pink Insoles, pair £2.64



insoles

Spenco® RX Comfort Insoles



- Slip-in insoles provide long lasting heel-to-toe comfort
- Washable, trim to fit with scissors

Sizes 2-3 4-5 5-6 7-8 9-10 11-12 13-14

2910 RX Comfort Insoles, pair £6.85

Spenco® RX Arch Cushions



- Added soft arch cushion for extra comfort
- Available in full length and 3/4 length cushion extending from the heel to the base of the toes
- 3/4 length allows extra toe room in tighter fitting shoes

Sizes 2-3 4-5 5-6 7-8 9-10 11-12 13-14

2918 RX Arch Cushions 3/4 Length, pair £11.70
2926 RX Arch Cushions Full Length, pair £12.10

Insolia High Heel Inserts



- Uses patented weight shift, not padding
- Reduces forefoot pressure not just softens it
- Decreases pressure on the ball of the foot
- Unique antibacterial material prevents the growth of bacteria that can cause odours

Sizes X-Small 1½-3 Small 3½-5 Medium 5½-7 Large 7½-9½

9979 Insolia High Heel Inserts, pair £3.60

Frelen Moulded Insole



- Lightweight moulded insole
- Open upper cell and dense foam base. This combination provides firm with high level of cushioning
- Can also be used as a temporary orthotic and orthotic components can be applied

Men's 4 5 6

Ladies 4 5 6

2449 Frelen Moulded Insole, pair £2.75

Skippies Long Life Insoles



Long life comfort insoles with excellent shock absorbing properties.

- One size fits all - cut to size
- Reduce fatigue, aches and pains to feet, legs and back
- Relieve pain due to heel spurs
- Absorb the shock of heel strike

9808 Skippies Insoles, pair £3.30

Skippies Long Life Heel Pads



Long life heel pads have excellent energy absorbing properties.

- Unique microporous energy absorbing properties
- Absorbs the energy of heel strike
- Evenly distributes this energy across the whole heel pad
- "Breathes" by allowing moisture to move away from the heel leaving it cooler

9809 Skippies Long life Heel Pads, pair £1.95

Clearly Adjustable Heel Lifts



- Peeling or replacing a layer changes elevation by 1 mm
- Change shoe lift height up or down at any time, from 1 to 12mm
- Allows staged introduction of heel lift height for gradual accommodation
- Fine control of elevation for best foot comfort
- Trim with scissors

Sizes Small up to 5½ Medium up to size 8 Large 8½ or larger

9934 Adjustable Heel Lifts, each £8.35

Pedag Gel



PEDAG GEL is extremely elastic and reverts to its original shape therefore prevent stress of the heel. Hand washable and particularly hygienic. Transparent cushions are virtually invisible and free of plasticizers.

Soft Heel



- Relieves heels, knees, hip joints and the spine and Achilles tendon problems
- Soft Microfiber suede absorbs moisture
- Self adhesive and washable

Sizes	Small/Medium	Large/X-Large
9922	Soft Heel, pair	£6.10

Soft Flip



- Gel forefoot cushion for sandals with toe posts
- Gel surrounds the toe post and prevents rubbing and abrasion
- Self adhesive and removable
- Hand washable
- One size

9930	Soft Flip, pair	£6.00
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Antislip



- Gel heel grip
- Cushions the heel
- Prevents the back of shoes from slipping
- Self adhesive and removable
- Hand washable
- One size

9927	Antislip, pair	£2.75
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High Life



- Anatomically shaped gel half sole
- Cushions and prevents burning in the stressed balls of the feet
- Self adhesive
- Washable
- One Size

9928	High Life, pair	£4.95
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Feel Good



- Gel metatarsal pad
- Supports the metatarsal arch
- Provides relief from splayfoot symptoms such as burning in the stressed balls of the feet
- Self adhesive
- Washable
- One Size

9929	Feel Good, pair	£5.20
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Silipos WonderZorb dual density provides maximum support and shock absorption. Clear silicone construction with a softer density coloured insert provides additional relief to sensitive areas.



Silipos WonderSpur Blue Dot

- Aids in calcaneal spurs, plantar fasciitis, heel spurs and knee & back pain



	Small	Medium	Large	X-Large
Men's		6	7-9	10+
Ladies	2 1/2-3 1/2	4 1/2-7 1/2	8 1/2-9 1/2	

2609 WonderSpur Blue Dot, pair £16.95

Silipos WonderCup Red Dot

- Aids in calcaneal spurs, plantar fasciitis, heel spurs and knee & back pain



	Small	Medium	Large	X-Large
Men's		6	7-9	10+
Ladies	2 1/2-3 1/2	4 1/2-7 1/2	8 1/2-9 1/2	

2613 WonderCup Red Dot, pair £16.95

Silipos WonderSport Green Dot

- Simultaneously cushions and supports heel and arch
- Aids in fat pad atrophy and with diabetic feet



Men's	6	7-8	9-10	11-12	13+
Ladies	2 1/2-3 1/2	4 1/2-5 1/2	6 1/2-7 1/2	8 1/2-9 1/2	

2618 WonderSport Green Dot, pair £24.75

Silipos WonderSole

- Full length insole designed to provide support to metatarsals, arch and heel
- Helps relieve symptoms related to metatarsalgia, plantar fasciitis, fat pad atrophy and arthritis



	Small	Medium	Large	X-Large
Men's	6	7-8	9	10-12
Ladies	3 1/2-5 1/2	6 1/2-7 1/2	8 1/2-9 1/2	

2628 WonderSole, pair £17.95

Silipos Full Length Insole

- Multi-density silicone absorbs shock under high pressure areas while supporting the rest of the foot
- Ideal as a replacement for shoes with removable insoles
- Relief for heel, arch and forefoot problems
- Multiple vents enhance air circulation



	Small	Medium	Large	X-Large
Men's	3 1/2-6	6 1/2-9	9 1/2-11 1/2	12+
Ladies	4 1/2-6 1/2	7 1/2-9 1/2	10+	

2633 Full Length Insole, pair £15.75

Silipos Full Length Insole with Toe Crest

- Ideal as a replacement for shoes with removable insoles
- Soft built-in toe crest for added functionality and metatarsal raise for relief of forefoot discomfort
- Designed to reduce pressure while supporting mid and forefoot areas
- Thin multi-density silicone design ensures full-foot comfort and protection



	Small	Medium	Large	X-Large	XX-Large
Men's		4-5	5 1/2-7	7 1/2-8 1/2	9-9 1/2
Ladies	2 1/2-3 1/2	4-5	5 1/2-7	7 1/2-8 1/2	9-9 1/2

2638 Full Length Insole with Toe Crest, pair £15.25

Silipos Low Profile Heel Cushion

- Soft silicone heel cushion absorbs shock and evenly distributes weight
- Low profile design fits comfortably in all shoe styles and types, will not slide in shoe



	Small	Medium	Large
Men's		4 1/2-7	7 1/2-11
Ladies	3 1/2-5	5 1/2-8	8 1/2-9 1/2

2644 Low Profile Heel Cushion, pair £6.00

Silipos Heel Spur with Removable Plug

- Shock absorbing silicone heel cushion with removable plug
- Wear with plug as a comfortable heel pad, without plug for heel relief and protection around heel spur
- Fits all shoe styles and types, will not slide in shoe



	Small	Medium	Large
Men's		4 1/2-7	7 1/2-11
Ladies	3 1/2-5	5 1/2-8	8 1/2-9 1/2

2648 Heel Spur with Removable Plug, pair £7.50

Hapla Orthoses

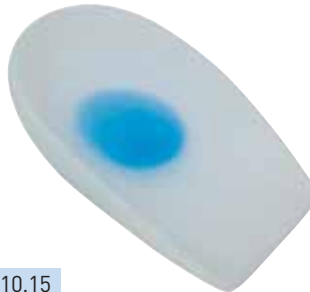
100% pure silicone, provides excellent levels of comfort and conformability, the shock absorbing properties make it ideal when underfoot redistribution of pressure is needed.

- Gel is strong and resilient and will not bottom out under repeated foot strike
- Dual Density System – Blue gel areas are created from softer lower density gel offering extra comfort for those areas that receive heavier pressure loads



Hapla Heel Cups

- Absorbs pressure reduces stress at heel strike
- For the treatment of plantar fasciitis, heel spurs and general heel pain



	Small	Medium	Large
Sizes	3-5	6-8	9-11

0530 Heel Cups, pair £10.15

Hapla Full Gel Insole

- Redistributes pressure across the entire plantar surface of the feet
- Softer gel provides extra protection for metatarsal and heel areas which bear heavier loads



	Small	Medium	Large
Sizes	3-5	6-8	9-10

0533 Gel Insole, pair £12.75

Hapla 3/4 Orthotic Gel Insole

- Comfortable gel orthotic helps to control heel and support longitudinal arch
- Varus (medical) posting helps reduce excessive pronation
- For treatment of plantar fasciitis and metatarsalgia



	Small	Medium	Large
Sizes	3-5	6-8	9-11

0536 3/4 Gel Orthotic Insole, pair £10.15

Hapla Sports Gel Insole

- Pressure redistribution across the entire plantar surface of the foot
- Extra cushioning for the longitudinal arch and heel area from the raised soft gel



	Small	Medium	Large
Sizes	3-5	6-8	9-11

0539 Sports Gel Insole, pair £10.15

Hapla Modular Orthotic System

Biomechanically engineered system of prefabricated gel components providing effective treatment for a variety of common disorders.

- Materials do not bottom out creating a long life
- Allows rapid production of a chairside orthotic

- Adjustments can be made easily by removing components and reapplying
- Device offers immediate effective treatment that is well tolerated for greater patient satisfaction

Hapla Heel Lift

- Compensation for short leg deformity
- Level hip alignment
- Can be combined to required thickness
- Available in small & large and two thickness 3.2mm or 6.4mm



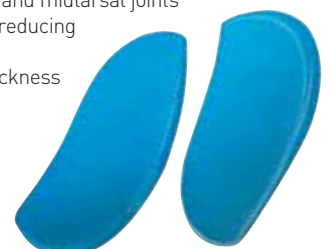
Sizes Small 3.2mm Large 3.2mm

Sizes Small 6.4mm Large 6.4mm

0551 Heel Lift, each £3.99

Hapla Heel Wedge

- Can be used either as varus (medical) or valgus (lateral)
- Varus wedge will reduce pronation, prevents foot flattening and reduces excessive motion of subtalar and midtarsal joints
- Valgus wedge will cant heel to inside reducing lateral instability
- Available in small & large and two thickness 3.2mm or 6.4mm



Sizes Small 3.2mm Large 3.2mm

Sizes Small 6.4mm Large 6.4mm

0543 Heel Wedge, pair £4.99

Hapla Longitudinal Arch Support

- Controls excessive pronation
- For plantar fasciitis, tendonitis, shin splints, heel pain, interdigital neuroma, medial angle pain, foot and leg discomfort, also fatigue
- Available in small & large



Sizes Small Large

0547 Longitudinal Arch Support, pair £4.49

Hapla Metatarsal Pad

- Used for metatarsalgia, intractable plantar keratoma, tylomas, bursitis, capsulitis, periostitis of metatarsals and associated joints
- Plantar lesions
- Available in small & large



Sizes Small Large

0549 Metatarsal Pad, pair £3.99

