

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
- Supplied in pairs

Women

2449-WS	Small Size 4	£2.45
2449-WM	Medium Size 5	£2.45
2449-WL	Large Size 6	£2.45

Men

2449-MS	Small Size 4	£2.45
2449-MM	Medium Size 5	£2.45
2449-ML	Large Size 6	£2.45

Poron® Insoles



- Cut Poron® Insoles
- One size fits all – 3mm
- Choice of 4 types
Poron 4000 Grey high performance underfoot cushioning material with excellent shock absorption properties

- Poron 4400 Green with anti-bacterial protection
- Poron 4708 Blue medical grade
- Poron Dual Layer Pink/Blue provides advanced protection against pressure when used in specialist diabetic shoes
- Supplied in pairs

3484	Poron 4000 Grey	£2.36
4032	Poron 4400 Green	£2.53
3485	Poron 4708 Blue	£2.64
3486	Poron Dual Layer	£3.03

Podo Pro 4077 3/4 Insole



- Leather covered lightweight acrylic support with built-in heel cushion, valgus support and metatarsal pad
- Designed to relax muscles, ligaments and tendons and provide relief from fallen arches and splay foot problems
- Supplied in pairs

	Size	
3327-03	3	£8.95
3327-04	4	£8.95
3327-05	5	£8.95
3327-06	6	£8.95
3327-07	7	£8.95
3327-08	8	£8.95
3327-09	9	£8.95
3327-10	10	£8.95
3327-11	11	£8.95
3327-12	12	£8.95

Podo Pro 4076 Durasoft Insole



- Heavy duty support manufactured in lightweight "Durasoft" acrylic, incorporating a metatarsal pad
- Finished with a high quality top cover
- Supplied in pairs

	Size	
3338-03	3	£9.95
3338-04	4	£9.95
3338-05	5	£9.95
3338-06	6	£9.95
3338-07	7	£9.95
3338-08	8	£9.95
3338-09	9	£9.95
3338-10	10	£9.95
3338-11	11	£9.95
3338-12	12	£9.95

insoles

Moulded EVA Insole

EVA flat based neutral 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
- Supplied in pairs

	Size	
3436-03	3	£1.84
3436-04	4	£1.84
3436-05	5	£1.84
3436-06	6	£1.84
3436-07	7	£1.84
3436-08	8	£1.84
3436-09	9	£1.84
3436-10	10	£1.84
3436-11	11	£1.84
3436-12	12	£1.84

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
- Supplied in pairs

	Size	
3447-03	3	£2.68
3447-04	4	£2.68
3447-05	5	£2.68
3447-06	6	£2.68
3447-07	7	£2.68
3447-08	8	£2.68
3447-09	9	£2.68
3447-10	10	£2.68
3447-11	11	£2.68
3447-12	12	£2.68
3447-14	14	£2.68

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
- Supplied in pairs

	Size	
3459-C08 Kids	8	£6.09
3459-C10 Kids	10	£6.09
3459-C11 Kids	11½	£6.09
3459-C13 Kids	13	£6.09
3459-001 Kids	11½	£6.09
3459-003	3	£6.09
3459-004	4	£6.09
3459-005	5	£6.09
3459-006	6	£6.09
3459-007	7	£6.09
3459-008	8	£6.09
3459-009	9½	£6.09
3459-010	10	£6.09
3459-011	11	£6.09
3459-012	12	£6.09

Spenco® Arthritic Full-length Insoles

Memory impression evenly distributes pressure relieving sensitive areas of the foot. Body heated activated to mould over time for precise level of support. Exclusive cushioning layer provides maximum comfort. Correct arch placement for better fit, comfort and performance.

- PE Foam
- Lightweight EVA Base
- Closed cell nitrogen injected Spenco® Material
- 6 Month Guarantee
- Supplied in pairs

	Size	
2947-04	4	£17.80
2947-05	5	£17.80
2947-06	6	£17.80
2947-07	7	£17.80
2947-08	8	£17.80
2947-09	9	£17.80
2947-10	10	£17.80
2947-11	11	£17.80



Spenco® RX Arch Cushions



- Same long-lasting quality insole material as the comfort insole but with an added soft arch cushion for extra comfort
- Available in full length cushion
- 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.
- Supplied in pairs

3/4 Length			Full Length		
2918-02	Size 2-3	£11.70	2926-02	Size 2-3	£12.10
2918-04	Size 4-5	£11.70	2926-04	Size 4-5	£12.10
2918-05	Size 5-6	£11.70	2926-05	Size 5-6	£12.10
2918-07	Size 7-8	£11.70	2926-07	Size 7-8	£12.10
2918-09	Size 9-10	£11.70	2926-09	Size 9-10	£12.10
2918-11	Size 11-12	£11.70	2926-11	Size 11-12	£12.10
2918-12	Size 13-14	£11.70	2926-12	Size 13-14	£12.10

Spenco® RX Orthotic Arch Supports



- Specifically designed to help control the position of the feet
- Shaped to help stabilise and balance the foot and to provide extra comfort and support needed for optimum performance.
- Unique cushioning system helps absorb shock, reduce friction and improve overall foot comfort
- Supplied in pairs

2935-02	Size 2-3	£19.95	2935-09	Size 9-10	£19.95
2935-04	Size 4-5	£19.95	2935-11	Size 11-12	£19.95
2935-05	Size 5-6	£19.95	2935-12	Size 12-14	£19.95
2935-07	Size 7-8	£19.95			

Spenco® RX Heel Cushions



- Twice as thick as comfort insoles, the cushion protects against stress on the heel, such as fitness walking
- Supplied in pairs

2943-SM	Size 4-6	£5.10	2943-LA	Size 10-12	£5.10
2943-ME	Size 7-9	£5.10			

Spenco® RX Comfort Insoles



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

2910-02	Size 2-3	£6.85	2910-09	Size 9-10	£6.85
2910-04	Size 4-5	£6.85	2910-11	Size 11-12	£6.85
2910-05	Size 5-6	£6.85	2910-13	Size 13-14	£6.85
2910-07	Size 7-8	£6.85			

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
- Available in small, medium & large
- Supplied in pairs



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
- Available in small, medium & large
- Supplied in pairs



0530-SM	Small	3-5	£9.95
0530-ME	Medium	6-8	£9.95
0530-LG	Large	9-11	£9.95

0533-SM	Small	3-5	£12.50
0533-ME	Medium	6-8	£12.50
0533-LG	Large	9-10	£12.50

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
- Available in small, medium & large
- Supplied in pairs



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
- Available in small, medium & large
- Supplied in pairs



0536-SM	Small	3-5	£9.95
0536-ME	Medium	6-5	£9.95
0536-LG	Large	9-11	£9.95

0539-SM	Small	3-5	£9.95
0539-ME	Medium	6-8	£9.95
0539-LG	Large	9-11	£9.95

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
- Supplied single



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
- Supplied in pairs



0551-SM	Small 3.2mm	£4.99
0551-LG	Large 3.2mm	£4.99
0553-SM	Small 6.4mm	£4.99
0553-LG	Large 6.4mm	£4.99

0543-SM	Small 3.2mm	£3.99
0543-LG	Large 3.2mm	£3.99
0545-SM	Small 6.4mm	£3.99
0545-LG	Large 6.4mm	£3.99

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
- Supplied in pairs



Hapla Metatarsal Pad

- Used for metatarsalgia, intractable plantar keratoma, tylomas, bursitis, capsulitis, periostitis of metatarsals and associated joints
- Plantar lesions
- Available in Small & Large
- Supplied in pairs



0547-SM	Small	£4.49
0547-LG	Large	£4.49

0549-SM	Small	£3.99
0549-LG	Large	£3.99

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
- Supplied in pairs



		Men	Women	
2609-SM	Small	2-4	4-5	£18.38
2609-ME	Medium	5-7	6-9	£18.38
2609-LA	Large	8-10	10-12	£18.38
2609-XL	X Large	11+	12+	£19.43

Silipos WonderCup Red Dot

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



		Men	Women	
2613-SM	Small	2-4	4-5	£18.38
2613-ME	Medium	5-7	6-9	£18.38
2613-LA	Large	8-10	10-12	£18.38
2613-XL	X-Large	11+	12+	£19.43

Silipos WonderSport Green Dot

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



Men			Women		
2618-M05	5-7	£26.78	2618-W04	4-5	£26.78
2618-M08	8-9	£26.78	2618-W06	6-7	£26.78
2618-M10	10-11	£26.78	2618-W08	8-9	£26.78
2618-M12	12-13	£27.83	2618-W10	10+	£26.78
2618-M14	14+	£28.72			

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
- Supplied in pairs



		Men	Women	
2628-SM	Small	7	5-7	£18.67
2628-ME	Medium	8-9	8-9	£19.33
2628-LA	Large	10	10-11	£19.33
2628-XL	X-Large	11-13	-	£20.00

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
- Supplied in pairs



		Men	Women	
2633-SM	Small	5-6½	6½-8½	£17.06
2633-ME	Medium	7-9½	9-11	£17.06
2633-LA	Large	10-12	11½-12	£17.06
2633-XL	X-Large	12½	-	£17.65

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
- Supplied in pairs



		Men	Women	
2638-SM	Small	-	5-6	£16.47
2638-ME	Medium	5-6	6½-7½	£16.47
2638-LA	Large	6½-7½	8-9	£16.47
2638-XL	X-Large	8-9	10-10½	£17.06
2638-XX	XX-Large	9½-10	11-11½	£17.06

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
- Supplied in pairs



		Men	Women	
2644-SM	Small	-	5-6½	£6.18
2644-ME	Medium	5-7½	7-9½	£6.18
2644-LA	Large	8-11½	10-12	£6.18

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
- Supplied in pairs



		Men	Women	
2648-SM	Small	-	5-6½	£7.59
2648-ME	Medium	5-7½	7-9½	£7.59
2648-LA	Large	8-11½	10-12	£7.59

