

ELCITY

CHANGE YOUR STEP

elite
healthcare

CATALOGUE
2023



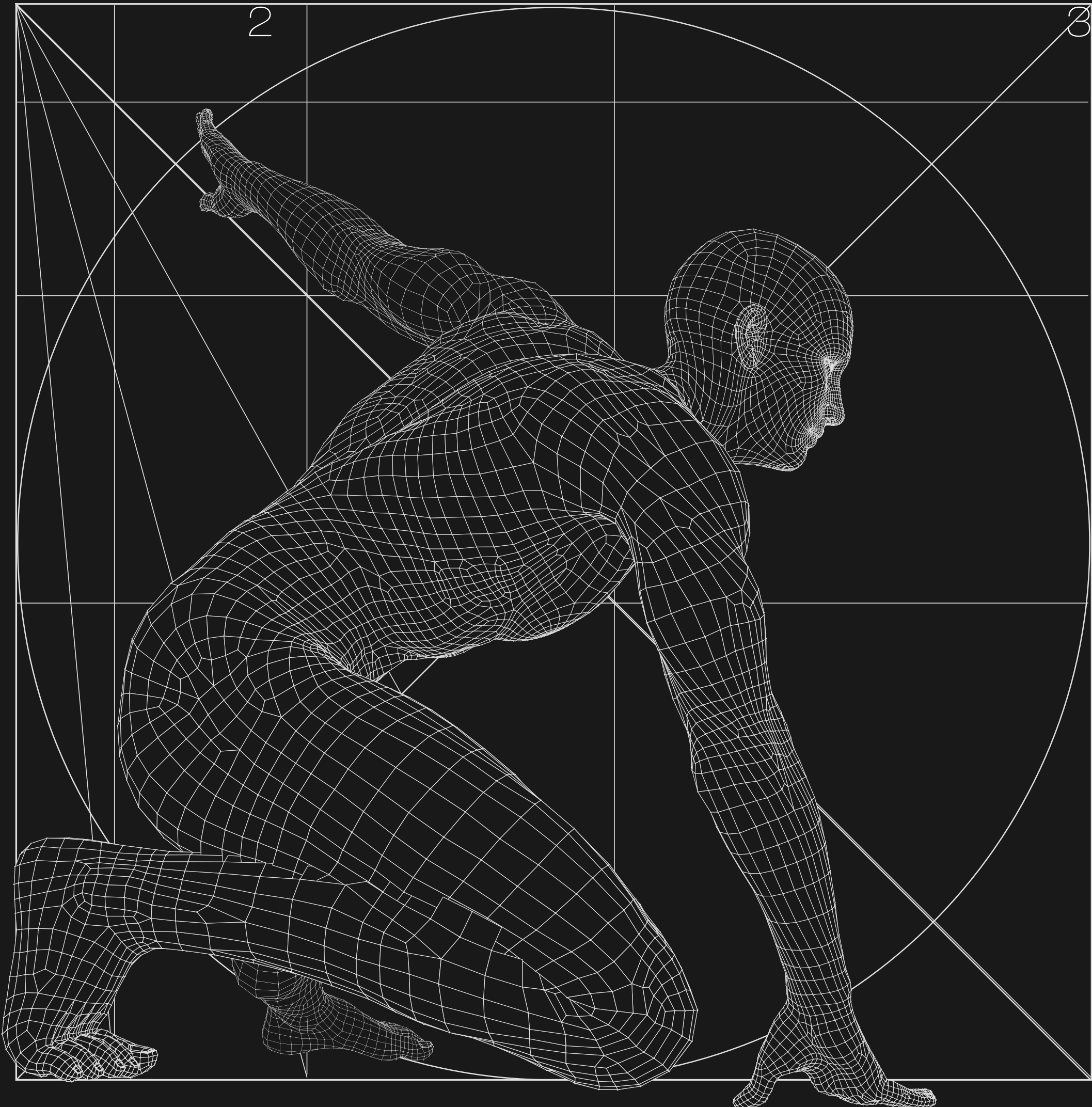
THERE ARE ENCOUNTERS
THAT CHANGE YOUR LIFE.
VISIONS THAT CHANGE
HISTORY. IDEAS THAT
CHANGE THE WORLD.

FLOKY is that kind of idea. FLOKY is a new concept of thinking, designing and developing. Not just any product, not just any sock, but the idea of a unique accessory, designed for sport and for those who play sport.

FLOKY is passion, experience, innovation and a lot of study, which give shape to the best functional sock in existence, which exploits the principles of applied Biomechanics to bring benefits unthinkable for a simple sock.

FLOKY is a revolutionary idea in a unique product, capable of **improving athletic performance** and at the same time **preventing body wear and injuries** during physical activity thanks to innovative silk-screen applications.

THIS IS THE STORY OF A
REVOLUTION. THESE ARE OUR
STEPS.



a study that
came about
from listening to
the body

FLOKY is a new concept for thinking, designing and developing sports socks and muscle recovery products. Unique accessories, which exploit the principles of applied biomechanics to improve athletic performance, prevent wear of the body and reduce the risk of injury thanks to innovative screen printing applications.

FLOKY's brilliant intuition is the result of 30 years of experience in the technological development of technical products in the hosiery industry, in which its partners were amongst the inventors of the first anti-slip sock in 1988.

Behind each of the company's products you will find the research and application of the principles of Biomechanics in combination with the use of eco-sustainable materials processed with a worldwide one-of-a-kind cutting-edge technology.

PURE TECHNOLOGY
APPLIED TO
MOVEMENT.

biomechanics applied to socks

Exploiting the principles of applied biomechanics allows FLOKY socks to act on performance and health, with an added value: making the wearer feel good.

The sock's structure and the external screen printed applications are configured so as to respect the biomechanical functionality of the leg and foot according to biomechanical, circulatory and neurological aspects, in order to harmonize these effects obtaining a therapeutic and preventive efficacy, boosting performances.

INNOVATION AND TECHNOLOGY: BIOMECHANICS APPLIED TO BIOCERAMICS

The yarn used for recovery products is made of bioceramic volcanic lava that reflects the heat of the human body, facilitates muscle relaxation and increases blood flow; this accelerates the repair of tissue damage, easing inflammation and stimulating the micro-circulation.

OPTIMISATION OF TRAINING

FLOKY socks give their all in training, during long-term athletic preparation, owing to the continued oxygenation of the muscles and the stabilising of the tendons.

INCREASED PERFORMANCE

FLOKY socks protect and sustain movement, providing improved support during the thrusting and transfer phases and also when changing direction, all aspects which boost the athlete's performance.

INCREASED COMFORT

FLOKY socks are designed to boost foot and body proprioception, increase adhesion to the shoe and ensure a pleasant and embracing feeling, conveying stability and safety.

THEY ACT IN PREVENTION AND RECOVERY MODE

FLOKY socks protect the feet and body from the onset of injuries, minimizing strain, the main cause of microtrauma, and promote oxygenation of tissues before and after physical activity.

GOOD FOR THE ENVIRONMENT

FLOKY socks are made from a state-of-the-art yarn that is derived from recycled plastic bottles, contributing to the circular economy, environmental protection and to an eco-sustainable vision of the future.

INNOVATIVE DESIGN

FLOKY socks are also made with wearability, design and comfort in mind, because, after all, they are a clothing accessory.



RUN UP ►

RUN UP is the specific sock for long-term activities such as running. It provides meliorative support for all biomechanical functions related to the foot and leg, providing protection against injuries and wear of the body, speedy recoveries, increased performances and environmental protection.



REDUCES THE RISK
OF INJURY, REDUCES
WEAR, IMPROVES
PERFORMANCE,
INCREASES
RECOVERY SPEED



RUN UP LONG
PRODUCT CODE:
FLRL

COLOURS
yellow, shocking pink, black,
blue/light blue

SIZES
XS, S, M, L*, XL*



RUN UP MEDIUM
PRODUCT CODE:
FLRM

BASE COLOURS
yellow, black, white, black/green fluo

FANTASY COLOURS
yellow zebra, orange zebra

SIZES
XS/S, M/L, L/XL

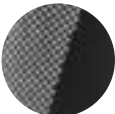
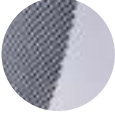


RUN UP SHORT
PRODUCT CODE:
FLRS

COLOURS
yellow, black, white, shocking pink

SIZES
XS, S, M, L*, XL*

BASE COLOURS

-  **BLACK**
code: 001
-  **YELLOW**
code: 003
-  **SHOCKING PINK***
code: R002
-  **WHITE**
code: 005
-  **BLUE/LIGHT BLUE**
code: 011
-  **BLACK/GREEN FLUO**
cod: 012

FANTASY COLOURS

-  **YELLOW ZEBRA**
cod: F064
-  **ORANGE ZEBRA**
cod: F065

** not available in the indicated colour

T-TRAIL ►

T-TRAIL is the specific socks for long-term activities such as trail and ultra trail. It provides enhanced support for all biomechanical functions related to the foot and leg, heel and Achilles tendons. It guarantees protection from injuries and wear of the body over long distances, increased speed of recovery after competitions and training, increased resistance to stress and protection of the environment. It also helps in the thrust and transfer phase, increases stability even on demanding terrains with the aim of improving performance and reducing the possibility of abrasions and microtrauma.

IT BOOSTS STRESS RESISTANCE, DECREASES THE RISK OF MICRO-TRAUMA AND WEAR OF THE BODY OVER LONG DISTANCES, AND PROVIDES PROTECTION AGAINST BLISTERS



T-TRAIL LONG
PRODUCT CODE:
FTL

COLOURS
black, yellow

SIZES
XS, S, M, L, XL



T-TRAIL MEDIUM
PRODUCT CODE:
FTM

COLOURS
black, yellow

SIZES
XS/S, M/L, L/XL

COLOURS

-  **BLACK**
code: 001
-  **YELLOW**
code: 003



AXSIST ►

AXSIST is the first biomechanical sock designed and engineered for football. Thanks to the biomechanical applications and the localised compression, this sock bestows stability to the foot whilst running and during changes of direction; it boosts the adherence of shin guards hence increasing their protection. It prevents the onset of injuries and inflammations due to jumps, sudden movements and abrupt starts and accelerates post training or post race recovery.

IT ENSURES MAXIMUM STABILITY OF THE FOOT AND SHIN GUARDS, BOOSTS RECOVERY SPEEDS, PREVENTS THE ONSET OF TRAUMA AND INJURIES AND ASSISTS DURING SUDDEN CHANGES OF DIRECTION



COLOURS			
	BLACK		NAVY BLUE
	code: 001		code: 009
	YELLOW		GARNET RED
	code: 003		code: 008
	WHITE		RED
	code: 005		code: 007
	ROYAL BLUE		
	code: 006		

AXSIST
PRODUCT CODE:
FLAX

COLOURS
black, yellow, white, royal blue,
navy blue, garnet red, red

SIZES
XS/S, M/L, L/XL

S-PRINT ►

S-PRINT is the FLOKY sock studied and designed for cycling that optimizes performance by promoting proper foot movement during the pedal stroke. Owing to the special fabric and biomechanical applications, this sock conveys safety and power during the thrust phase and protects the most fragile areas of the foot and forefoot from trauma and injuries.

OPTIMIZES THRUST DURING THE PEDAL STROKE, IMPROVES VENOUS RETURN AND PROTECTS AGAINST INJURIES



S-PRINT
PRODUCT CODE:
FLSP

BASE COLOURS
black, white

FANTASY COLOURS
carbon, fire yellow

SIZES
XS/S, M/L, L/XL

BASIC COLOURS		FANTASY COLOURS	
	BLACK		CARBON
	code: 001		code: F050
	WHITE		FIRE YELLOW
	code: 005		code: F051

S-MASH ►

ENSURES MAXIMUM STABILITY, PREVENTS THE ONSET OF TRAUMA AND INJURIES AND ASSISTS DURING SUDDEN LEAPS AND CHANGES OF DIRECTION, SPEEDS UP RECOVERY

S-MASH is the first biomechanical sock designed and engineered for padel and tennis. Thanks to the biomechanical applications and the localised compression, this sock bestows stability to the foot during sporting activities and changes of direction. It prevents the onset of injuries and inflammations due to jumps, sudden movements and abrupt starts and accelerates post training or post race recovery.

COLOURS BASE

-  **BLACK**
code: 001
-  **YELLOW**
code: 003
-  **WHITE**
code: 005
-  **BLACK/GREEN FLUO**
code: 012

FANTASY COLOURS

-  **DEGRADÉ BLACK**
code: F057
-  **YELLOW MOONPHASE**
cod: F062
-  **ORANGE MOONPHASE**
cod: F063



S-MASH
PRODUCT CODE:
FLSH

BASE COLOURS
black, yellow, white, black/
green fluo

FANTASY COLOURS
degradé black, yellow
moonphase, orange
moonphase

SIZES
XS/S, M/L, L/XL



JUMPER ►

JUMPER is the first biomechanical sock designed for activities where jumping is pre-dominant, such as basketball, volleyball and handball. It provides meliorative support for all biomechanical functions related to the foot and leg and muscle thrust, providing protection against injuries and wear of the body, reducing vibrations that can generate micro-trauma and inflammations whilst supporting the technical aspect of the thrust.

IT REDUCES VIBRATIONS DURING JUMPS, PROTECTS MUSCLES AND TENDONS, SUPPORTS MOVEMENT DURING THE THRUST AND PROTECTS AGAINST INJURY



JUMPER LONG
PRODUCT CODE:
FLJL

COLOURS
black, white

SIZES
S, M, L, XL, XXL



JUMPER MEDIUM
PRODUCT CODE:
FLJM

COLOURS
black, white

SIZES
S, M, L, XL, XXL

COLOURS

-  **BLACK**
code: 001
-  **WHITE**
code: 005

innovation continues

BIOMECHANICS APPLIED TO BIOCERAMICS

The yarn used for the RE-CHARGE biomechanical sock and the NO-STRAIN biomechanical sleeve is made of bio-ceramics extracted from volcanic rocks, capable of reflecting the heat of the human body and introducing an advanced form of photo-treatment. When stimulated by body heat, the inorganic compounds reflect high levels of light in the bio-infrared (FIR, Far Infrared Rays) band that penetrate the skin and subcutaneous layers and interact with the water molecules and organic compounds found in the tissues.

Thanks to these features, the FIR are easily absorbed by the body, while the heat they generate promote the relaxation of contracted muscles and increases blood flow (vasodilation). This results in an increase in the amount of nutrients, oxygen, white blood cells and antibodies, improving tissue tropism, accelerating tissue damage repair, decreasing inflammation and stimulating microcirculation.



F

01.

they increase blood circulation by promoting dilation of the micro-circulatory system of capillaries with consequent oxygenation of the cells and rapid elimination of waste toxins

02.

they reduce inflammation, swelling and muscle spasms by improving the lymphatic flow

03.

and increase thermal insulation: in cold weather they keep the body temperature constant while in warm weather they shield the heat of the sunlight, lowering the surface temperature whilst ensuring a cool and comfortable environment (thermoregulation)

I

R

04.

they reduce late muscle pain by improving recovery from the formation of lactic acid

05.

they accelerate all healing processes by stimulating cellular repair

RE-CHARGE ►

REDUCES POST-TRAINING AND POST-RACE RECOVERY TIME, AS IT ACTIVATES VENOUS RETURN AND REGENERATES MUSCLE AND TENDON FUNCTIONS



RE-CHARGE is the first specific biomechanical sock for post-training or post-race recovery. It provides enhanced and regenerative support for all biomechanical functions related to leg and foot tendons and muscles, promoting venous return in complete comfort. It eliminates toxins, regenerates muscle and discharges overloads and inflammation from tendons. RE-CHARGE drastically reduces recovery time and recharges you like nothing else.

COLOURS

-  **BLACK**
code: 001
-  **BLUE**
code: 011

RE-CHARGE
PRODUCT CODE:
FLRE

COLOURS
black, blue

SIZES
XS/S, M/L, L/XL

NO-STRAIN ►

NO-STRAIN is the first biomechanical sleeve designed to reduce vibrations that cause inflammatory disorders and injuries in many sports, including cycling, running, golf, tennis, baseball, basketball, volleyball, paddle, hockey, motorcycling, motorsport, football, weight lifting and many others. It protects and supports the elbow, forearm and all the athlete's tendons and muscles, thanks to the stabilisation generated by the compression of the fabric together with biomechanical applications, which provide immediate relief from vibrational stress with consequent reduction of inflammatory disorders and injuries.

STABILISES AND PROTECTS MUSCLES AND TENDONS DURING SPORTS ACTIVITIES, REDUCING ARM VIBRATIONS AND THE RISK OF INJURY AND INFLAMMATION



NO-STRAIN
PRODUCT CODE:
FLNS

COLOURS
black, yellow, white

SIZES
XS/S, M/L, L/XL

COLOURS

-  **BLACK**
code: 001
-  **YELLOW**
code: 003
-  **WHITE**
code: 005

TACKLE ►

►►► NEW

CONTINUOUS INNOVATION

Floky's research team has developed a new device for the protection and recovery category, thus **TACKLE** was born, the revolutionary shin guard that exploits an innovative geometry and the use of new materials that aim to increase protection and shock absorption, while maintaining high lightness and comfort.

INCREASES THE DEGREE OF PROTECTION AND SHOCK ABSORPTION THANKS TO INNOVATIVE HONEYCOMB GEOMETRY

COLORS



PINK CLAW
cod: 058



WAVE GREY
cod: 060



BLUEBERRY
cod: 059

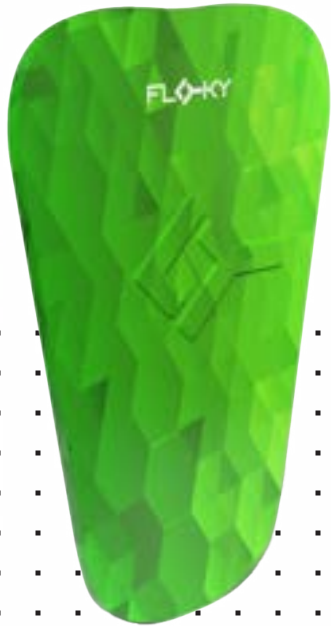


GREEN EMERALD
cod: 061

TACKLE
PRODUCT CODE:
FL PA

COLORS
pink claw, blueberry, wave grey,
green emerald

SIZE
ONESIZE



ACTIVATOR ►

ACTIVATOR is the first biomechanical short designed with graduated and differentiated compression combined with functional screen-printed applications that reduce vibration and activate the muscles. It provides enhanced and regenerative support for all biomechanical functions related to tendons and muscles in the upper legs, promoting venous return and protecting tendon and muscle parts from overload and inflammation. With **ACTIVATOR** you protect your muscles, protect your body from vibrations and stresses and drastically reduce recovery times, thus increasing your performance.

SUPPORTS AND STABILISES DURING SPORTING ACTIVITY, ACTIVATES MUSCLES, REDUCES VIBRATION AND SPEEDS UP RECOVERY

►►► NEW

COLORS



BLACK
cod: 001



WHITE
cod: 005

ACTIVATOR
PRODUCT CODE:
FL AC

COLORS
black, white

SIZE
S/M = 40/46, L/XL = 48/52



PILATES ►



IT ASSISTS DURING EXERCISE, GIVES STABILITY AND GUARANTEES OXYGENATION

KINETICA and **GYMNASIUM** are the two FLOKY technical socks for activities such as pilates, calisthenics, antigravity, rebounder, stabilometric platforms and functional training. The sock is designed to help those who wear it to perform the required exercise in the best possible manner, thanks to its components conceived to meet the needs of trainers and instructors.



GYMNASIUM
The wrap-around toe of the sock was created for those who prefer a sock that wraps all five toes together.

PRODUCT CODE:
FLGY

COLOURS
shocking pink/glitter, blue/red, green/blue

SIZES
S*, M, L**



KINETICA
The separated big toe is made so that each individual position can be performed correctly, making the sock even more functional.

PRODUCT CODE:
FLKI

COLOURS
shocking pink/glitter, blue/red, green/blue

SIZES
S, M, L**

COLOURS



GREEN/BLUE
code: 503



BLUE/RED*
code: 504



SHOCKING PINK/GLITTER**
code: F505

*, ** not available in the indicated colour



POSTURAL ►

HELPS IN POSTURAL ACTIVITIES, BESTOWING BALANCE AND CREATING AWARENESS OF MOVEMENT

POSTURAL is a sock with innovative features that adapts to the needs of all postural activities. The fabric, the weft and the applications that characterise this sock bestows stability and stimulates correct movements of the feet, whilst encouraging a more correct and controlled posture.

PRODUCT CODE:
FLPO

COLOURS
green/blue, shocking pink/glitter, blue/graphite

SIZES
S**, M, L*



GREEN/BLUE
code: 503



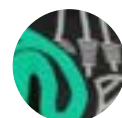
BLUE/GRAPHITE**
code: B509



SILVER/WHITE
code: 506



SILVER/SHOCKING PINK*
code: F508



SILVER/GREEN
code: 507

*, ** not available in the indicated colour

WATERDRAIN ►

WATERDRAIN is designed for wear during all vertical activities in swimming pools, such as aquagym, hydrobike, aquaticity, rehabilitation and any other sport where a good grip on wet surfaces is essential. Available for both adults and children, it is a sock made of special fibres that resist are chlorine resistant and provide a perfect grip for the foot on all surfaces.

IT GUARANTEES PERFECT GRIP ON WET SURFACES AND IS CHLORINE RESISTANT



WATERDRAIN ADULT
PRODUCT CODE:
FLWA

COLOURS
blue/graphite, shocking pink/glitter, yellow/white

SIZES
S*, M, L**



WATERDRAIN KIDS
PRODUCT CODE:
FLWK

COLOURS
black/white, black/pink, black/blue

SIZES
S, M, L

COLOURS



BLUE/GRAPHITE*
code: B509



SHOCKING PINK/GLITTER**
code: F505



YELLOW/ WHITE
code: 510



BLACK/WHITE
code: 511



BLACK/PINK
code: 513



BLACK/BLUE
code: 512

*, ** not available in the indicated colour



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<https://www.elitehealthcare.ie/collections/floky-change-your-step>