

ULTIMATE PERFORMANCE[®]



ADVANCED

INSOLES

WITH
F3D



F3D (Foam 3mm Damper)
dissipates up to **95%** of
high frequency shockwaves
reducing impact on feet, knees and hips

Help prevent
and relieve
injuries
such as:

OSTEOARTHRITIS

PATELLA TENDONITIS

ITB SYNDROME

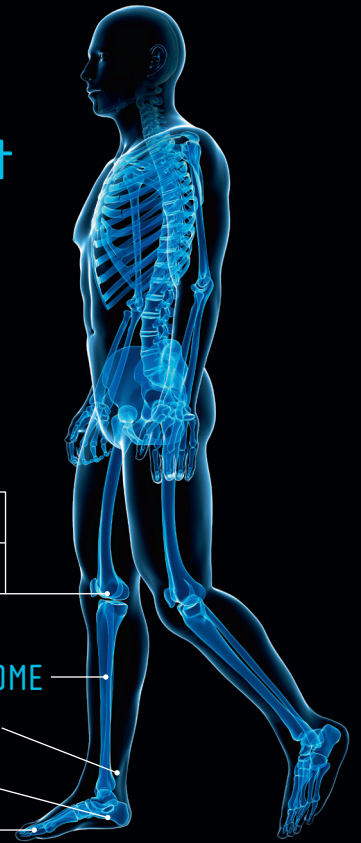
RUNNER'S KNEE

SHIN SPLINTS /
COMPARTMENT SYNDROME

ACHILLES TENDONITIS

PLANTAR FASCIITIS

BUNIONS



- **F3D Foam 3mm Damper** is an advanced dampening foam insert which will dissipate up to 95% of the high frequency shockwave in each foot strike, reducing the impact to your feet, knees and hips
- **PU foam core** provides comfort and support to the whole foot.
- **TPU brace** provides support in a controlled, comfortable manner to aid gait and reduce injuries.
- The brace and core are available in a range of densities to cater for varying degrees of pronation.
- Full-length **memory foam '+'** layers in CUSHION+ and SUPPORT+ insoles add superior arch-form fit, comfort and cushioning.
- **Full-length insole** – shock absorption in the key impact points of the heel and forefoot, mirroring where the body has naturally absorbent fatty pads and aiding natural gait.



Ultimate Performance Advanced Insoles are designed with the dynamics of running and walking in mind.

The full-length insoles are made from a unique mix of materials specifically engineered for running. Offering both biomechanical support and shock absorption, a cushioned arch support and an anatomical contour known as a 'Met Pad' help spread the load on the forefoot. Helping the body to achieve a more ideal gait, and damping harmful high-frequency shockwaves can help to reduce pain not only in your feet, but also in ankles, shins, knees, hips, back and neck. They will also help to aid recovery time and help to reduce the risk of injuries reoccurring.

These insoles are full length and replace the insoles in neutral or supportive running shoes. They are also suitable for other sport footwear (golf or tennis shoes, football and rugby boots etc) as long as the current insole is removable and there is enough space to accommodate the Advanced Insole.

It is often advisable to wear them in gradually over the first couple of weeks to avoid muscle fatigue and to allow your body time to adapt to the improved gait and posture provided by the insole.

Ideal for running, all sports on hard surfaces, gym, hiking and everyday wear.

Which is best for you? Take the wet foot test

To establish your (loaded) resting arch type, you will need: a bowl of water, a dark piece of paper (a brown or manila envelope is ideal) and your bare feet.

What to do:

- Place the paper on a flat floor.
- Wet the sole of your foot using the water in the bowl, shake off excess (we want a damp foot).
- Stand as naturally as possible with the dry foot next to the paper, and the damp foot on the paper. Relax and stand naturally for a moment.
- Match the imprint left behind to the symbols below to find out what your resting arch type is. You can usefully test both feet. Expect a lower arch on your bigger foot. You may wish to chose the support for your lower arch.



HIGH ARCH



MEDIUM
(NEUTRAL)
ARCH



LOW ARCH



FLAT ARCH

CUSHION+

*for feet with medium-high or high arch

Anti-shock stability and support for **under-pronating** runners and walkers, and those who need **extra cushioning**

UP4568



UNDER-PRONATION
(SUPINATION)



Recommended for:

- under-pronating (supinating) to neutral runners
- people wanting to reduce the chance of long-term injuries
- people wanting more comfort
- use in neutral or supportive trainers and footwear
- medium, medium to high or high arch height (see wet foot test)
- footwear that has a removable insole and/or excess space in the footwear eg trainers, football or rugby boots
- all ages and body types

CUSHION+

*for feet with medium-high or high arch

NEUTRAL

*for medium to medium-high arched feet

Anti-shock stability and support for **neutral** or **mildly over-pronating** runners and walkers

UP4569



NEUTRAL



Recommended for:

- neutral to mildly over-pronating runners
- people wanting to reduce the chance of long-term injuries
- people wanting more comfort
- use in neutral or supportive trainers and footwear
- medium or medium to high arch height (see wet foot test)
- footwear that has a removable insole and/or excess space in the footwear eg trainers, football or rugby boots
- all ages and body types

NEUTRAL

*for medium to medium-high arched feet

SUPPORT+

*for low arched or flat feet

Anti-shock stability and support for **over-pronating** runners and walkers, and those who need **extra support**

UP4570



OVER-PRONATION



Recommended for:

- mildly, moderately, and severely over-pronating runners
- people wanting to reduce the chance of long-term injuries
- people wanting more comfort
- use in neutral or supportive trainers and footwear
- flat feet, low and low to medium arch height (see wet foot test)
- footwear that has a removable insole and/or excess space in the footwear – eg trainers, football or rugby boots
- all ages and body types

SUPPORT+

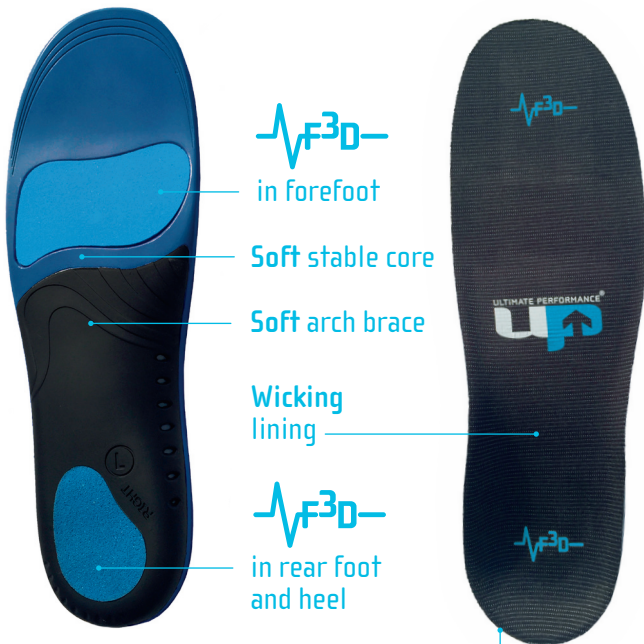
*for low arched or flat feet

Ultimate Performance: helping you perform better for longer

UP4568

ADVANCED INSOLE CUSHION+

SUPPORT LEVEL 1 SHOCK DISPERSION LEVEL 4

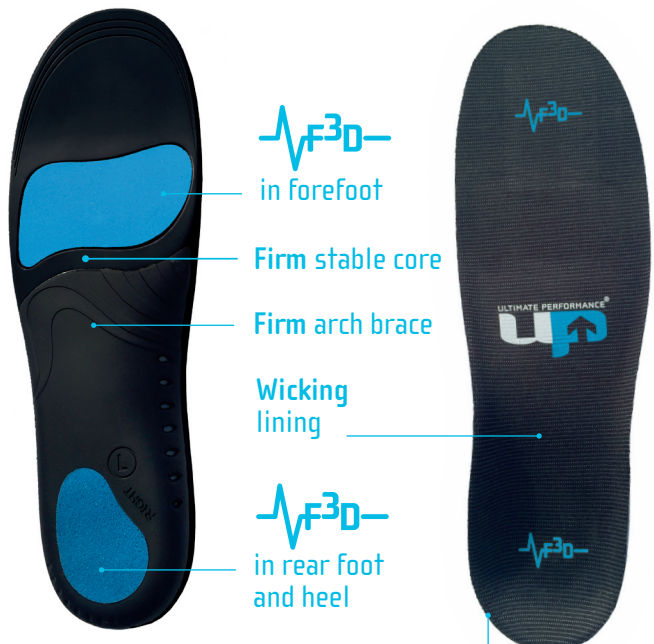


Full-length memory foam '+' layer adds superior form-fit, comfort and cushioning

UP4570

ADVANCED INSOLE SUPPORT+

SUPPORT LEVEL 3 SHOCK DISPERSION LEVEL 4

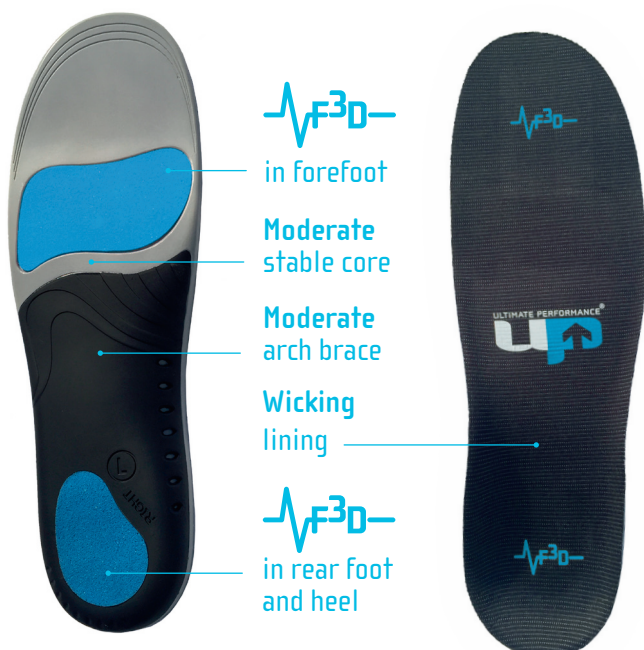


Full-length memory foam '+' layer adds superior form-fit, comfort and cushioning

UP4569

ADVANCED INSOLE NEUTRAL

SUPPORT LEVEL 2 SHOCK DISPERSION LEVEL 4



Footnote:
Whilst we have given you some gait-type advice to help your selection of the Ultimate Performance Advanced Insole with F3D that will suit you best, if you have a persistent or recurring pain or injury that is exacerbated when walking or running, we recommend you see a professional such as a podiatrist, to help you form the best possible treatment and rehabilitation plan.

Size

UK shoe size	Euro
XS 2-4	[34-37]
S 4½-7	[37.5-40]
M 7½-9	[40.5-43]
L 9½-11	[43.5-46]
XL 11½-14	[46.5-49]

Wear instructions:

Trim to fit: simply remove your existing insole, place over the top of the Advanced insole, align the heel and trim around the toe to match. This ensures a perfect fit every time (measure twice, cut once!). Alternatively, trim to the desired size using the cutting guide on the underside.

Insert your Advanced Insole with F3D carefully back into the shoe or boot, in place of your old insole, ensuring the insole fits with no creases or bumps.

It is often advisable to wear in gradually over the first couple of weeks to avoid muscle fatigue and allow your body time to adapt to the improved gait and posture.

Support / Shock dispersion
Level 1: Basic
Level 2: Moderate
Level 3: Pro
Level 4: Maximum



Ultimate Performance

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