

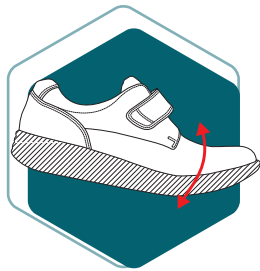
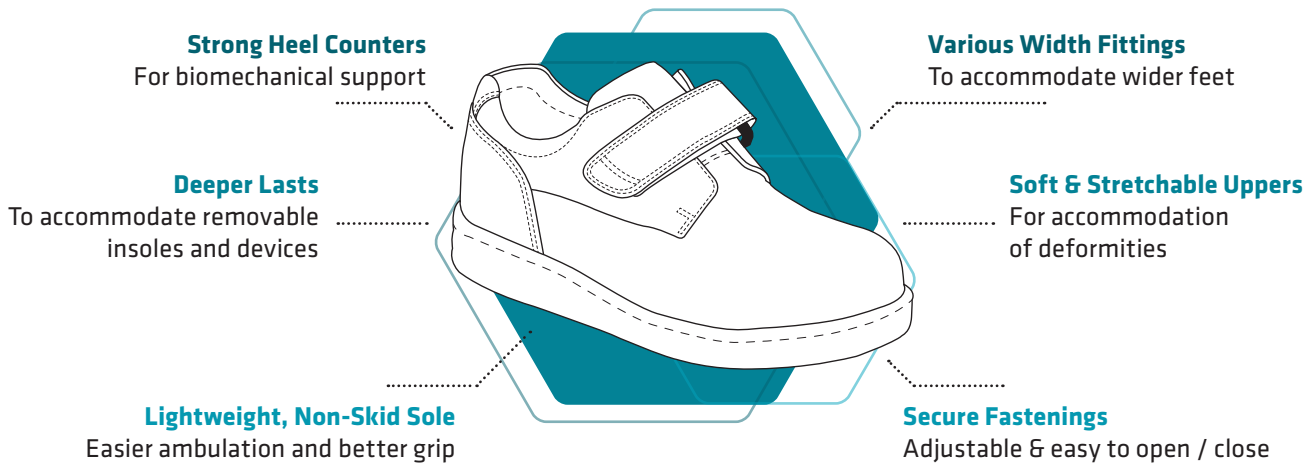
PPL
biomechanics

Footwear Range 2022

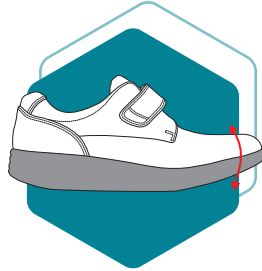


About our Footwear

Our new range of Medical Grade Footwear has been carefully selected to meet the diverse needs of our customers and their patients and comply with International Guidelines.



Flexible Rocker Sole
to assist a normal heel to toe gait pattern



Semi-Rigid Rocker Sole
provides stability and resists excessive movement in the foot and medial column



Rigid Rocker Sole
for optimal offloading, stability and immobilisation



Working together, PPL and Podartis have delivered Italian styled medical grade footwear solutions to Ireland for over 25 years. Podartis have worked with leading researchers to develop a unique and comprehensive range of footwear dedicated to the prevention and management of foot pathology and disease.

PPL's Podartis range includes multiple last fittings, styles, upper materials, closures and sole flexibilities. Designed to accommodate a broad range of foot shapes, foot deformities and orthotic devices, improve mobility, and address preventative and offloading needs.



PPL have worked with Optima Molliter supplying their innovative, research backed range of diabetic foot offloading devices for the last 8 years. This Italian family have been manufacturing comfort footwear for generations, and on a foundation of scientific research have become recognised as industry leaders in the diabetic foot.



PPL's new range of Optima footwear includes a wide choice of styles, colours, upper materials, closures and sole flexibilities. Optima footwear is designed to accommodate a wider foot shape, toe deformities and orthotic devices. They aim to improve mobility, and address preventative and offloading needs.

Optima and Podartis are EU Medical Device Regulation registered manufacturers.

Flexible Rocker Soled Footwear

To assist a normal heel to toe gait pattern

Men's



Podartis Botero



Podartis Hero Evo Blue



Podartis Leo



Optima Flexy



Optima Runner Crosta



Optima Walter

Ladies'



Podartis Fancy Evo Red



Podartis Venezia



Podartis Via



Optima Flavia



Optima Frida



Optima Softflex

Unisex



Podartis X-Reuma



Podartis Deamulo X



Podartis Deambulo H

Semi-Rigid Rocker Soled Footwear

To provide stability and resists excessive movement in the foot and medial column

Men's



Optima Deimos



Optima Flot



Optima Vulcano



Podartis Iron Uomo



Podartis Sport Grey



Podartis Wild Velcro Boot

Ladies'



Optima Dance



Optima Lunabis



Optima Softy



Optima Yoga



Podartis Iron Donna



Podartis Sport Itala 2.0



Rigid Rocker Soled Footwear

For optimal offloading, stability and immobilisation

Men's



Optima Lute



Optima Tronky



Optima Racing



Podartis Giotto Lace

Ladies'



Optima Soldo



Optima Francesca



Optima Florida



Podartis X-Lady

Unisex



Podartis X-Diab



Podartis Masaccio

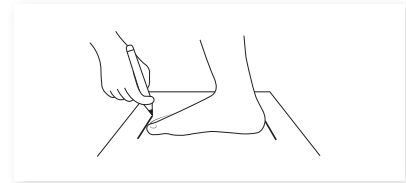
Footwear Prescription Guidelines

The guidelines below may assist in making the process of fitting footwear easier and less liable to error. Use our Footwear Selection Chart to find the most suitable options based on your patients' needs.

1. Measure Foot Length & Width

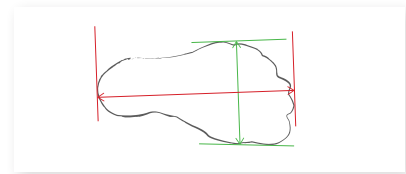
Take a Foot Sketch

Stand patient on sheet of paper and draw around the foot keeping the pen at 90°.



Measure the Length of the Foot

Draw a horizontal line at the back of the heel and a parallel line at the tip of the longest toe. Measure the length of each foot between these two lines in mm and record.



Measure the Width of the Forefoot

Draw a vertical line at both sides of the forefoot at the widest point. Measure forefoot width between these two lines in mm and record.

2. Review Sizing Charts

Using the foot width and length measurements from your sketch, review sizing charts on Page 7 to identify footwear options.

We have allowed for a minimum of 1 cm and a maximum of 1.5 cm extra length in front of the toe, as per international guidelines.

Patients					Doctors				
Sex	Age	Foot Length (mm)	Foot Width (mm)	Foot Width (mm)	Sex	Age	Foot Length (mm)	Foot Width (mm)	Foot Width (mm)
M	18	215-220	95-100	95-100	M	57	265-270	105-110	105-110
M	19	215-220	95-100	95-100	M	58	265-270	105-110	105-110
M	20	215-220	95-100	95-100	M	59	265-270	105-110	105-110
M	21	215-220	95-100	95-100	M	60	265-270	105-110	105-110
M	22	215-220	95-100	95-100	M	61	265-270	105-110	105-110
M	23	215-220	95-100	95-100	M	62	265-270	105-110	105-110
M	24	215-220	95-100	95-100	M	63	265-270	105-110	105-110
M	25	215-220	95-100	95-100	M	64	265-270	105-110	105-110
M	26	215-220	95-100	95-100	M	65	265-270	105-110	105-110
M	27	215-220	95-100	95-100	M	66	265-270	105-110	105-110
M	28	215-220	95-100	95-100	M	67	265-270	105-110	105-110
M	29	215-220	95-100	95-100	M	68	265-270	105-110	105-110
M	30	215-220	95-100	95-100	M	69	265-270	105-110	105-110
M	31	215-220	95-100	95-100	M	70	265-270	105-110	105-110
M	32	215-220	95-100	95-100	M	71	265-270	105-110	105-110
M	33	215-220	95-100	95-100	M	72	265-270	105-110	105-110
M	34	215-220	95-100	95-100	M	73	265-270	105-110	105-110
M	35	215-220	95-100	95-100	M	74	265-270	105-110	105-110
M	36	215-220	95-100	95-100	M	75	265-270	105-110	105-110
M	37	215-220	95-100	95-100	M	76	265-270	105-110	105-110
M	38	215-220	95-100	95-100	M	77	265-270	105-110	105-110
M	39	215-220	95-100	95-100	M	78	265-270	105-110	105-110
M	40	215-220	95-100	95-100	M	79	265-270	105-110	105-110
M	41	215-220	95-100	95-100	M	80	265-270	105-110	105-110
M	42	215-220	95-100	95-100	M	81	265-270	105-110	105-110
M	43	215-220	95-100	95-100	M	82	265-270	105-110	105-110
M	44	215-220	95-100	95-100	M	83	265-270	105-110	105-110
M	45	215-220	95-100	95-100	M	84	265-270	105-110	105-110
M	46	215-220	95-100	95-100	M	85	265-270	105-110	105-110
M	47	215-220	95-100	95-100	M	86	265-270	105-110	105-110
M	48	215-220	95-100	95-100	M	87	265-270	105-110	105-110
M	49	215-220	95-100	95-100	M	88	265-270	105-110	105-110
M	50	215-220	95-100	95-100	M	89	265-270	105-110	105-110
M	51	215-220	95-100	95-100	M	90	265-270	105-110	105-110
M	52	215-220	95-100	95-100	M	91	265-270	105-110	105-110
M	53	215-220	95-100	95-100	M	92	265-270	105-110	105-110
M	54	215-220	95-100	95-100	M	93	265-270	105-110	105-110
M	55	215-220	95-100	95-100	M	94	265-270	105-110	105-110
M	56	215-220	95-100	95-100	M	95	265-270	105-110	105-110
M	57	215-220	95-100	95-100	M	96	265-270	105-110	105-110
M	58	215-220	95-100	95-100	M	97	265-270	105-110	105-110
M	59	215-220	95-100	95-100	M	98	265-270	105-110	105-110
M	60	215-220	95-100	95-100	M	99	265-270	105-110	105-110
M	61	215-220	95-100	95-100	M	100	265-270	105-110	105-110

3. Select Style & Sole Flexibility

Sole Flexibility - Select a flexible, semi-rigid or rigid sole in accordance with patients' offloading, stability and immobilisation needs.



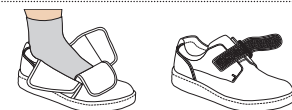
Depth - Select a deeper last for patients with toe deformities or when devices are prescribed with a thickness of over 8 mm.



Upper - Select a stretchy upper material for patients with toe deformities. This will also provide extra width and depth.



Fastening - Select footwear with straps or panels for easy closure.



Stability - Boots offer more stability than shoes.



Use the Footwear Selection Chart to choose the most suitable options based on your patients' needs.

Footwear Selection Chart

Style	Sex	Colour	Type	EU Size	UK Size	Width & Depth	Sole Flexibility	Upper	Fastening
Podartis Fancy Evo Red	Female	Red	Trainer	37 - 41	4 - 7.5	W & D	Flexible	Synthetic	Lace
Podartis Venezia	Female	Black	Shoe	35 - 41	3 - 7.5	W & D	Flexible	Stretch	Strap
Podartis Via	Female	Black	Shoe	37 - 41	4 - 7.5	W & D	Flexible	Stretch	Strap
Optima Flavia	Female	Grey	Sandal	37 - 41	4 - 7.5	W & X-D	Flexible	Leather	Strap
Optima Frida	Female	Black	Shoe	37 - 41	4 - 7.5	W & X-D	Flexible	Leather	Strap
Optima Softflex	Female	Black	Shoe	37 - 41	4 - 7.5	W & X-D	Flexible	Stretch	Strap
Podartis Botero	Male	Black	Shoe	39 - 48	6 - 13	W & D	Flexible	Stretch	Strap
Podartis Hero Evo Blue	Male	Blue	Trainer	41 - 47	7.5 - 12	W & D	Flexible	Synthetic	Lace
Podartis Leo	Male	Black	Shoe	41 - 47	7.5 - 12	W & D	Flexible	Stretch	Strap
Optima Flexy	Male	Black	Shoe	42 - 47	8 - 12	W & X-D	Flexible	Stretch	Strap
Optima Runner Crosta	Male	Blue	Trainer	42 - 47	8 - 12	W & X-D	Flexible	Synthetic	Lace
Optima Walter	Male	Black	Shoe	42 - 47	8 - 12	W & X-D	Flexible	Leather	Strap
Podartis X-Reuma	Unisex	Black	Boot	37 - 46	4 - 11	W & D	Flexible	Stretch	Strap
Podartis Deambulo H	Unisex	Black	Boot	37 - 46	4 - 11	Variable	Flexible	Synthetic	Panel
Podartis Deambulo X	Unisex	Black	Shoe	37 - 47	4 - 12	Variable	Flexible	Synthetic	Panel
Podartis Sport Itala	Female	Black	Trainer	37 - 41	4 - 7.5	W & D	Semi-Rigid	Synthetic	Lace
Optima Dance	Female	Black	Trainer	37 - 41	4 - 7.5	W & X-D	Semi-Rigid	Synthetic	Lace
Optima Lunabis	Female	Grey	Trainer	37 - 41	4 - 7.5	W & X-D	Semi-Rigid	Synthetic	Strap
Optima Softy	Female	Black	Shoe	37 - 41	4 - 7.5	W & X-D	Semi-Rigid	Leather	Strap
Optima Yoga	Female	Navy	Trainer	37 - 41	4 - 7.5	W & X-D	Semi-Rigid	Synthetic	Strap
Podartis Iron Donna	Female	Black	Trainer	37 - 39	4 - 6	X-W & X-D	Semi-Rigid	Synthetic	Strap
Podartis Sport Grey	Male	Black	Trainer	41 - 47	7.5 - 12	W & D	Semi-Rigid	Synthetic	Lace
Optima Deimos	Male	Navy	Trainer	42 - 47	8 - 12	W & X-D	Semi-Rigid	Synthetic	Lace
Optima Flot	Male	Black	Shoe	42 - 47	8 - 12	W & X-D	Semi-Rigid	Stretch	Strap
Optima Vulcano	Male	Navy	Trainer	42 - 47	8 - 12	W & X-D	Semi-Rigid	Synthetic	Strap
Podartis Iron Uomo	Male	Black	Trainer	40 - 47	6.5 - 12	X-W & X-D	Semi-Rigid	Synthetic	Strap
Podartis Wild Velcro	Male	Black	Boot	41 - 47	7.5 - 12	X-W & X-D	Semi-Rigid	Synthetic	Strap
Podartis Sport Itala 2.0	Female	Black	Boot	37 - 41	4 - 7.5	W & X-D	Rigid	Stretch	Strap
Optima Francesca	Female	Black	Sandal	37 - 41	4 - 7.5	W & X-D	Rigid	Leather	Strap
Optima Soldo	Female	Black	Shoe	37 - 41	4 - 7.5	W & X-D	Rigid	Stretch	Strap
Podartis X-Lady	Female	Black	Shoe	37 - 42	4 - 8	X-W & X-D	Rigid	Stretch	Strap
Optima Lute	Male	Black	Shoe	42 - 47	8 - 12	W & X-D	Rigid	Stretch	Strap
Optima Racing	Male	Blue	Trainer	42 - 47	8 - 12	W & X-D	Rigid	Synthetic	Strap
Optima Tronky	Male	Black	Boot	42 - 47	8 - 12	W & X-D	Rigid	Stretch	Strap
Podartis Giotto Lace	Male	Black	Shoe	41 - 47	7.5 - 12	X-W & X-D	Rigid	Leather	Lace
Podartis Masaccio	Unisex	Black	Boot	37 - 46	4 - 11	X-W & X-D	Rigid	Stretch	Strap
Podartis X-Diab	Unisex	Black	Shoe	37 - 46	4 - 11	XX-W & XX-D	Rigid	Stretch	Strap

Sizing Charts

Podartis					
Size		Foot Length (mm)	Wide	X-Wide	XX-Wide
UK	EU		Foot Width	Foot Width	Foot Width
3	35	213 - 222	93 - 103		
3.5	36	219 - 228	96 - 106	99 - 109	103 - 113
4	37	226 - 235	98 - 108	102 - 112	106 - 116
5	38	232 - 241	100 - 110	105 - 115	110 - 120
6	39	239 - 248	102 - 112	107 - 117	112 - 122
6.5	40	245 - 254	105 - 115	109 - 119	113 - 123
7.5	41	252 - 261	108 - 118	111 - 121	114 - 124
8	42	259 - 268	111 - 121	114 - 124	116 - 126
9	43	266 - 275	113 - 123	116 - 126	118 - 128
9.5	44	272 - 281	114 - 124	117 - 127	120 - 130
10.5	45	279 - 288	116 - 126	119 - 129	122 - 132
11	46	285 - 294	119 - 129	121 - 131	124 - 134
12	47	292 - 301	121 - 131	123 - 133	
13	48	298 - 307	123 - 133		

Optima					
Size		Flexible & Rigid Soles		Semi-Rigid Soles	
UK	EU	Foot Length	Foot Width	Foot Length	Foot Width
4	37	226 - 235	98 - 108	233 - 242	98 - 108
5	38	233 - 242	100 - 110	240 - 249	100 - 110
6	39	239 - 248	102 - 112	246 - 255	102 - 112
6.5	40	246 - 255	105 - 115	253 - 262	105 - 115
7.5	41	253 - 262	108 - 118	259 - 268	108 - 118
8	42	267 - 276	111 - 121	262 - 271	111 - 121
9	43	273 - 282	113 - 123	269 - 278	113 - 123
9.5	44	280 - 289	114 - 124	276 - 285	114 - 124
10.5	45	287 - 296	116 - 126	283 - 292	116 - 126
11	46	293 - 302	119 - 129	290 - 299	119 - 129
12	47	299 - 308	121 - 131	296 - 305	121 - 131

All Foot Measurements are in MM



PPL

biomechanics

Tramore Commercial Park, Tramore Road, Cork, Ireland, T12 HE17

www.pplbiomechanics.com

Tel: 021 4320277

sales@pplbiomechanics.com