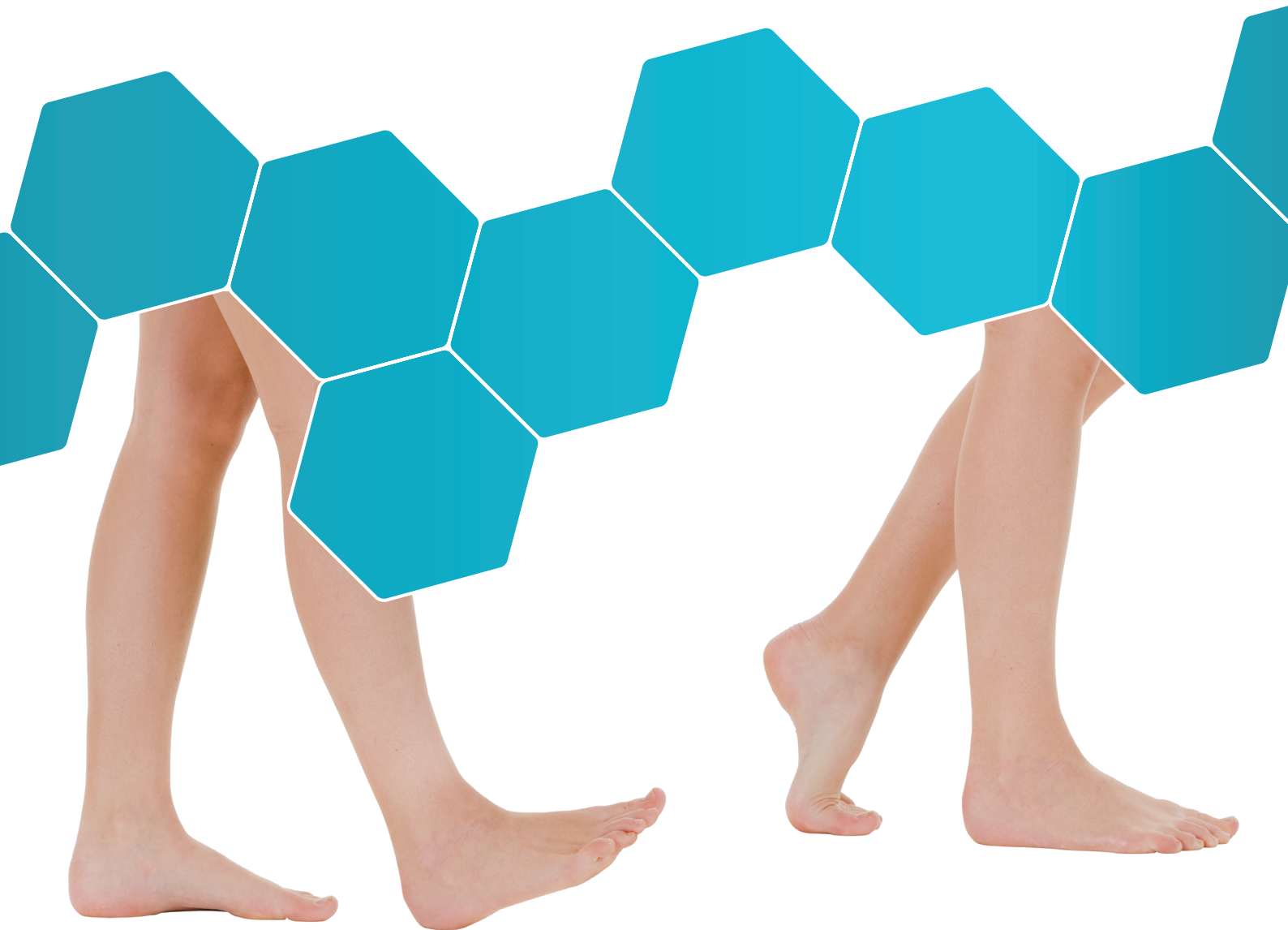




STOCK ORTHOSES & REHABILITATION DEVICES

SPRING 2018 UPDATE



ABOUT PPL

PPL Biomechanics is Ireland's leading manufacturer and supplier of custom made & stock orthotic devices, orthopaedic footwear and offloading products.

PPL was established in Cork over 20 years ago by podiatrists James & Joanne McKenna. We combine our clinical knowledge with research evidence and more than 20 years manufacturing experience, to identify the most appropriate collection of products for our customers.

STOCK PRODUCT SERVICES



DELIVERY

All PPL goods are dispatched using a trackable signed courier service to ensure parcels reach our customers on time. Our couriers provide a next day delivery service throughout Ireland and a two day service for the UK. Stock product orders placed before 12 p.m. are always dispatched on the same-day for next day delivery. Orders placed after 12 p.m. will be dispatched the following afternoon.



RETURNS

For your convenience we can arrange for our courier service to collect a package from your clinic on an agreed date. This has proven a very popular choice with our customers as it eliminates the time-consuming task of going to the post office.

PPL will accept returns of stock products for credit, within three months of invoice and dispatch, providing that returned goods and packaging are in a clean, re-saleable condition.

For more information, contact our Customer Services Team.

OTHER SERVICES



CUSTOM ORTHOSES MANUFACTURE

We manufacture our custom made orthotic device range using both traditional handmade techniques and modern CAD CAM (Computer Aided Design & Manufacture) methods. We also manufacture semi-custom devices using prefabricated Carbonflex shells and simple Prescription Insoles. Please see our Custom Device brochure and website for more details.



EDUCATION & TRAINING SERVICES

We exclusively deal with medical practitioners and are the leading provider of post-graduate biomechanics courses in Ireland. We work in a wide range of fields including sports medicine, orthopaedics, offloading & wound care, paediatrics, MSK, rheumatology, special needs and neurological deficits.



TECHNICAL SUPPORT & CUSTOMER SERVICES

Our Technical Support Team boast a combined knowledge of prescription, assessment, clinical biomechanics and more than 20 years of manufacturing experience. We offer assistance with device selection and prescription, for even the most complex of patients. We understand that practitioners are busy people, requiring fast and efficient service. Our staff endeavour to deal with every situation in a friendly and courteous manner.

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Please see our website and other brochures for information on our other products and services.

PAEDIATRIC DEVICES

All of our Paediatric devices contain stabilising options such as deep heel cups and high medial & lateral borders. They are available in children's sizes from child's 3 (EU19).

Some of our adult ranges are also available in children's sizes, from child's size 12 upwards.



FEET IN MOTION - NEUTRAL, 3° & 5°

PAIR

HIGH DENSITY EVA STABILITY DEVICE

CHILD 3 - ADULT 2 (EU 19-34)

The Feet in Motion is our most popular paediatric stability device. Available with neutral, 3° and 5° medial rearfoot posting.

Features

- ¾ length
- High density EVA shell
- No cover for easy cleaning
- Deep heel cup
- High medial and lateral borders
- Left and right individually coloured

Recommended for

- Instability & low tone
- Hypermobility
- Mild to moderate pronation issues
- Children's school and sports footwear

Options

- Neutral
- 3° rearfoot posting
- 5° rearfoot posting



PEDIPOD

PAIR

MEDIUM DENSITY EVA STABILITY DEVICE

CHILD 6 - ADULT 4.5 (EU 23-37)

The Pedipod is a low cost paediatric stability device. A deep heel cup and high medial and lateral borders help to control hypermobility.

Features

- Full length
- Medium density EVA shell
- Soft touch cover
- Deep heel cup
- High medial and lateral borders
- Low metatarsal dome

Recommended for

- Instability & low tone
- Hypermobility
- Mild to moderate pronation issues
- Children's school and sports footwear



FIRSTSTEP

PAIR

HIGH TONE STABILITY DEVICE

CHILD 5.5 - ADULT 7.5 (EU 22-41)

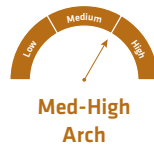
The Firststep is a rigid paediatric stability device which offers high levels of control for high tone.

Features

- Sulcus length
- Rigid shell with 2 mm cushioning
- Suedette cover
- Deep heel cup
- High medial and lateral borders
- Heat mouldable

Recommended for

- High tone & instability
- Moderate to severe pronation issues
- Children's school and sports footwear



BURATTO - PAEDIATRIC

PAIR

HEAT MOULDABLE STABILITY DEVICE

CHILD 5 - ADULT 3.5 (EU 22-36)

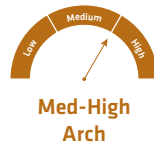
The Buratto can be heat moulded for closer fitting around narrow heels. Also available in adult sizes.

Features

- Full length
- Semi-rigid shell
- 2 mm EVA cushioning cover
- Deep heel cup
- High medial and lateral borders
- Curved base
- Heat mouldable

Recommended for

- Instability & low tone
- Hypermobility
- Narrow heels
- Mild to moderate pronation issues
- Children's school and sports footwear



4KIDS

PAIR

ARCH CONTACT DEVICE

CHILD 8 - ADULT 2.5 (EU 25-34)

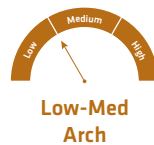
The 4Kids is a soft EVA contact device which cradles the arch, provides shock attenuation and a low level of support.

Features

- ¾ length
- Low density EVA shell
- Soft touch cover
- Deep heel cup
- High medial borders

Recommended for

- Mild instability
- Mild pronation issues
- Children's school and sports footwear



VASYLI MEDICAL RANGE



VASYLI Medical orthoses are designed to help treat most common foot pathologies. They are available in various densities, styles and shapes. Not only do they cater for everyday patients, but also address specific biomechanical challenges such as those involving 1st ray function, shock attenuation, sensitive feet and supination control. They are all heat mouldable and customisable with VASYLI additions.

VASYLI CUSTOM CLASSIC RANGE

VASYLI Custom classic range are the most popular orthotic devices within the VASYLI Medical range. Available in full length, $\frac{3}{4}$ length or slimfit designs in three densities, to suit the patient's activity level and weight.

VASYLI FOOTPRINT BULK BUY RANGE

VASYLI Footprint are the forefather of the Custom classic range. Footprint are up to 45% less expensive when bought in bulk packs of 10 pairs. A mixture of densities and sizes can be selected in a bulk pack.

VASYLI SIGNATURE SPECIALIST RANGE

The VASYLI Signature series are designed by leading specialists within the VASYLI Think Tank™ to address more challenging specific biomechanical issues.

VASYLI PRO BASIC RANGE

VASYLI Pro are a basic lower cost version of the classic range. Available in low-medium density only, in 3 styles (full length, easyfit and slimfit).

CHOICE OF DENSITY, LENGTH, SHAPE & DESIGN

The VASYLI ranges offer practitioners a complete selection of densities, lengths, shapes and design features to suit the patient's footwear choice, activity levels and weight.

ADDITIONS FOR CUSTOMISATION



All VASYLI devices can be customised using VASYLI self-adhesive additions. The range includes rearfoot & forefoot wedges, metatarsal bars and heel raises in various sizes and degrees.

HEAT MOULDABLE



- Using a heat gun, apply heat in a waving motion 10 - 15 cm from bottom surface of the device over the thermal indicator and STC areas until the writing disappears
- Place orthotic into footwear
- With patient sitting and wearing socks, place foot in shoe
- Position and hold foot in STJ neutral, and ask them to stand for 60 seconds
- Repeat for the other foot
- ALWAYS FOLLOW MANUFACTURER'S INSTRUCTIONS

VASYLI CUSTOM - CLASSIC RANGE

STOCK ORTHOTIC DEVICES

VASYLI Custom classic devices are the most popular choice within the VASYLI Medical range. They incorporate inbuilt features to enhance 1st ray function and manage impact forces. They have a soft antibacterial cover, are heat mouldable and customisable with VASYLI additions. Choose from Full Length, 3/4 length, Easyfit or Slimfit designs. High, medium and low density options are also available to suit the patient's activity level and weight.

VASYLI CUSTOM

PAIR

FULLY HEAT MOULDBLE & CUSTOMISABLE

CHILD 12 - ADULT 14.5 (EU 30-50)

The VASYLI Custom range is designed to provide pronation control for the "everyday" patient. These are heat mouldable and fully customisable with design features to enhance 1st ray function.

Options

Red - High Density

For higher levels of activity and patients of a heavier weight requiring more control.

Blue - Medium Density

For normal levels of activity and patients of a moderate weight requiring more shock attenuation

Green - Low Density

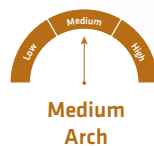
For lower levels of activity and patients of a lower weight with sensitive feet requiring more cushioning.

Features

- Choice of full or ¾ length
- Choice of EVA shell densities
- Soft antibacterial top cover
- 6° inbuilt medial rearfoot post
- 1st met recess to assist 1st ray plantar flexion
- Sorbon heel cushioning
- Heat mouldable & customisable with VASYLI additions

Recommended for

- Can be customised to suit most pronation issues
- Casual and sports footwear



EASYFIT

ADULT 1 - 12.5 (EU 33-48)

SLIMLINE DEVICE FOR DRESS SHOES

This has the same design features as the Vasyli Custom Blue ¾ length but with a lateral cut-away for a slimmer fit. Ideal for slimmer fitting men's and ladies dress shoes.



SLIMFIT

ADULT 3 - 10.5 (EU 35-45)

SLIMLINE DEVICE FOR HIGH-HEELED SHOES

This is a slim medium density device designed for high heeled shoes. It has a lower 2° intrinsic post, low arch, and low 2-4 met dome to offload the forefoot.



VASYLI FOOTPRINT - BULK BUY RANGE

VASYLI Footprint are the forefather of the Custom classic range, designed by Phillip Vasyli back in 1987, then known as AOL. They have no top cover, more basic design features, available in a variety of densities, and designs, heat mouldable and fully customisable with Vasyli additions. Footprint are up to 45% lower cost when bought in bulk packs of 10 pairs, which can also allow a mixing of densities and sizes.

Options

- Full length
- ¾ Length
- Easyfit & Slimfit
- RED – High
- BLUE – Medium
- GREEN – Low

Features

- Choice of EVA shell densities
- No cover for easy cleaning
- 4° inbuilt medial rearfoot post (2° for Slimfit)
- Standard heel cup (none for Slimfit)
- Heat mouldable & customisable with Vasyli additions

Recommended for

- Can be customised to suit most pronation issues
- Casual and sports footwear

Red - High Density

For higher levels of activity and patients of a heavier weight requiring more control

Blue - Medium Density

For normal levels of activity and patients of a moderate weight requiring more shock attenuation

Green - Low Density

For lower levels of activity and patients of a lower weight with sensitive feet requiring more cushioning.

Grey - Slimfit Only

Low-medium density, low profile shell for high heels

VASYLI FOOTPRINT FULL LENGTH

10 PAIRS

BULK BUY - 10 PAIRS

MIXED BULK PACK
SAVE 37%

- 10 pairs
- All full length
- Any size
- Any colour/density

FIXED BULK PACK
SAVE 45%

- 10 pairs
- All full length
- All same size
- All same colour/density



ADULT 1 - 12.5 (EU 33-48)

Also available in pairs at a higher price

VASYLI FOOTPRINT ¾ LENGTH

10 PAIRS

BULK BUY - 10 PAIRS ¾ LENGTH, EASYFIT OR SLIMFIT

MIXED BULK PACK
SAVE 37%

- 10 pairs
- ¾ Length, Easyfit or Slimfit
- Any size
- Any colour/density

FIXED BULK PACK
SAVE 45%

- 10 pairs
- All same length/design
- All same size
- All same colour/density



ADULT 1 - 12.5 (EU 33-48)

Also available in pairs at a higher price

*Slimfit only available in size UK 3 - 8.5 (EU 35 - 42)

VASYLI ADDITIONS & OTHER PRODUCTS

STOCK ORTHOTIC DEVICES

VASYLI additions can be used to customise all VASYLI devices, with the exception of the very specific VASYLI Heel Pain and Shock Absorber devices detailed below.

VASYLI ADDITIONS

PACKS OF 5 PAIRS

VASYLI additions consist of a range of self-adhesive rearfoot and forefoot wedges, metatarsal bars and heel raises. Suitable for customising all VASYLI devices, these additions come in various sizes and degrees. Available in packs of 5 pairs only.

REARFOOT MEDIAL WEDGES 2° / 4° / 6°



ONE SIZE

HEEL RAISES 4MM / 6MM / 8MM



SMALL,
MEDIUM & LARGE

FOREFOOT LATERAL WEDGES 4° / 6°



ONE SIZE

FOREFOOT MEDIAL WEDGES 4° / 6°



ONE SIZE

METATARSAL BARS



ONE SIZE

VASYLI CUSTOM HEEL PAIN

PAIR

SLIMLINE DEVICE FOR HEEL PAIN

ADULT 3.5 - 12 (EU 36-47)

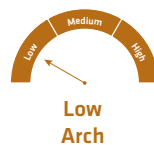
A slimline cobra style device with heel cushioning and an intrinsic rearfoot medial post for painful heel conditions.

Features

- Cobra style
- Medium density shell
- Antibacterial cover
- 6° inbuilt medial rearfoot post
- Sorbon heel cushion

Recommended for

- Heel pain relief
- Mild pronation issues
- Dress shoes



Low Arch



Condition Specific



Dress Shoe

VASYLI CUSTOM SHOCK ABSORBER

PAIR

POLYURETHANE SHOCK ATTENUATION

ADULT 3 - 12.5 (EU 35-48)

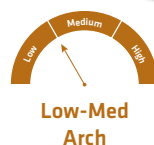
The VASYLI Custom Shock Absorber is a full length polyurethane device with Sorbon heel & metatarsal head cushioning for maximum shock attenuation.

Features

- Full length
- Polyurethane shell
- Antibacterial cover
- Sorbon metatarsal & heel cushioning

Recommended for

- Shock attenuation
- Heel & metatarsal fat pad atrophy
- Mild to moderate pronation issues



Low-Med Arch



Shock Attenuating



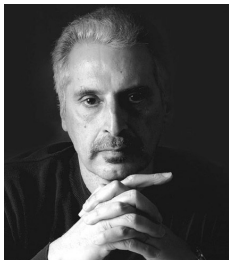
Casual & Sports

STOCK ORTHOTIC DEVICES

VASYLI SIGNATURE - SPECIALIST RANGE

The VASYLI Signature Series was designed within the VASYLI Think Tank™, a collaboration between VASYLI and some of the world's foremost lower-limb biomechanics specialists and researchers from a wide range of disciplines. The Signature series of devices address specific biomechanical challenges, including 1st ray function, sensitive feet, tissue stress, supination control and low-profile sports footwear.

VASYLI THINK TANK



HOWARD DANANBERG
PODIATRIST



BRIAN HOKE
PHYSICAL THERAPIST



TOM McPOIL
PHYSICAL THERAPIST



DAVID ARMSTRONG
PROFESSOR SURGERY



TREVOR PRIOR
PODIATRIC SURGEON

VASYLI + DANANBERG

PAIR

1ST MPJ DYSFUNCTION DEVICE

ADULT 3 - 12.5 (EU 35-48)

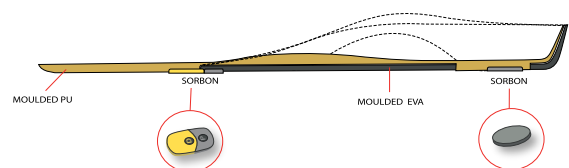
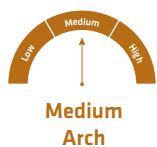
The VASYLI + Dananberg device features two removable 1st ray plugs to assist in maximising 1st ray function. A cushioned mid-layer and a suede top cover make this a popular choice for both sports and everyday footwear.

Features

- Full length
- Medium density EVA shell
- 3 mm Polyurethane cushioned mid-layer
- Soft antibacterial top cover
- 6° inbuilt medial rearfoot post
- Removable 1st ray & 1st met-head plugs
- Sorbon heel cushioning
- Heat mouldable and customisable with Vasyli additions

Recommended for

- Functional Hallux Limitus
- Flexible plantar flexed 1st ray
- Shock attenuation
- Mild to moderate pronation issues
- Casual and sports footwear



VASYLI + HOKE

PAIR

SUPINATION CONTROL DEVICE

ADULT 3 - 12.5 (EU 35-48)

The VASYLI + Hoke device is designed for supination control in the Pes Cavus foot type. A deep heel cup and lateral forefoot post assist in controlling supination. The high arch profile and ankle equinus compensation ensure a close contact fit.

Features

- Full length
- Medium density EVA shell
- 2 mm Polyurethane cushioned mid-layer
- Soft antibacterial top cover
- High arch profile with cushioning
- 4° inbuilt lateral forefoot post
- 3 mm heel raise

Recommended for

- Supinated Pes Cavus foot
- Rigid plantar flexed 1st ray
- Shock attenuation
- Mild to moderate supination issues
- Casual and sports footwear



VASYLI + MCPOLL

PAIR

TISSUE STRESS DEVICE

ADULT 3 - 12.5 (EU 35-48)

The VASYLI + McPoil device's design incorporates intrinsic features based on the McPoil – Hunt Theory of Tissue Stress. This insole features a dual-density base layer of medium density EVA overlaid with a 5 mm layer of softer PU. This allows for “normal pronation” while limiting “excessive pronation”.

Features

- Full length
- Medium density EVA shell
- 5 mm Polyurethane cushioned mid-layer
- Soft antibacterial top cover
- Close contact high arch profile
- Close contact deep heel cup
- 6° inbuilt medial rearfoot post
- 1st met recess to assist 1st ray plantar flexion
- Heat mouldable & customisable with Vasyli Additions

Recommended for

- Traumatic supination injuries
- Hypermobility
- High axis foot
- Shock attenuation
- Mild to moderate pronation issues
- Casual and sports footwear



VASYLI + ARMSTRONG

PAIR

SENSITIVE FOOT DEVICE

ADULT 3 - 14.5 (EU 35-50)

The VASYLI + Armstrong device is designed to relieve pressure on sensitive feet. These insoles have been scientifically proven to reduce shearing forces and the incidence of plantar ulcerations compared to standard diabetic insoles. GlideSoft technology allows the top surface of the insole to move with the plantar surface of the foot, reducing shearing stresses by 50%.

Features

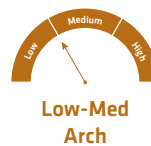
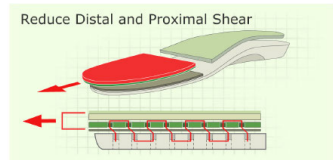
- Full length, wide trimmable forefoot to fit wide shoes
- Medium density EVA shell
- Sliding Teflon® "GlideSoft" forefoot layer
- 2 mm shock attenuating layer
- 3 mm heat mouldable Plastazote thermal mid-layer
- Soft anti-bacterial top cover
- 4° inbuilt medial rearfoot post
- Heat mouldable & customisable with Vasyli Additions

Recommended for

- Sensitive foot
- Diabetic care
- Reducing plantar shearing stresses
- Close contact & shock attenuation
- Wide post-healing and preventative footwear



Glidesoft® technology reduces shear force by at least 50% compared to a standard comfort insole.



Orthopaedic Shoe

VASYLI + PRIOR

PAIR

LOW PROFILE SPORTS DEVICE

ADULT 3 - 12.5 (EU 35-48)

The VASYLI + Prior is an ideal option for sports footwear such as football and rugby boots due to its ultra slim, low profile design and sports specific features.

Features

- Full length low profile design to fit cleated sports shoes
- High density, low profile EVA shell
- Soft antibacterial top cover
- 3° inbuilt medial rearfoot post
- 4 mm heel raise
- 1st ray plantarflexor and low met dome
- Polyurethane heel and forefoot cushioning
- Heat mouldable & customisable with Vasyli additions

Recommended for

- Increasing 1st ray & 1st MPJ motion for high-gear propulsion
- Shock attenuation
- Tight posterior muscles
- Mild to moderate pronation issues
- Football boots



Football Boots

VASYLI PRO - BASIC RANGE

STOCK ORTHOTIC DEVICES

VASYLI Pro devices are a more basic version of the classic range, suitable for everyday patients who require mild rearfoot control in their everyday footwear. Available in low-medium density only, with 3 style options (full length, Easyfit and Slimfit). They have a 4° intrinsic post, which is lower than the classic range and more basic design features. Unlike Footprints, they have a durable bonded top cover. As a basic device they offer a lower cost alternative to the classic range and an alternative to bulk buying Footprints for smaller clinics.

Features

- Choice of Full Length, Easyfit or Slimfit
- Durable bonded top cover
- Medium arch profile (low for Slimfit)
- 4° inbuilt medial rearfoot post (2° for Slimfit)
- Standard heel cup (none for Slimfit)
- Heat mouldable & customisable with Vasyli additions

Recommended for

- Low to moderate pronation issues
- Lower levels of activity
- Moderate shock attenuation
- Lower cost alternative to Classic device
- Suitable for most footwear styles
- **FULL LENGTH** - Casual and sports footwear
- **EASYFIT** - Dress shoes
- **SLIMFIT** - High heeled shoes

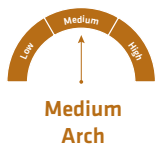
Low-Medium Density

For lower levels of activity and patients of a moderate weight requiring more shock attenuation.

PRO - FULL LENGTH

PAIR

ADULT 1 - 12.5 (EU 33-48)



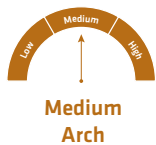
Casual & Sports



PRO - EASYFIT

PAIR

ADULT 1 - 12.5 (EU 33-48)



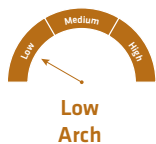
Dress Shoe



PRO - SLIMFIT

PAIR

ADULT 3 - 8.5 (EU 35-42)



High Heels



SALFORD INSOLE RANGE



Salford Insoles were designed in conjunction with researchers at the University of Salford. The design and wide size range maximises comfort and fit, whilst not compromising on the proven ability to control foot pronation. The shell material is highly durable and tailored to a slimline fit, which contours the natural foot shape and fits well into all types of footwear.



SALFORD INSOLE ORANGE FLEX



SALFORD INSOLE BLUE FIRM



SALFORD INSOLE GREEN LATERAL WEDGE

There are three types available, Blue for heavier everyday wear, Orange is more flexible for sports and the Green which is designed specifically to address medial compartment knee pain.

SALFORD INSOLE

PAIR

DURABLE EVERYDAY & SPORTS DEVICE

CHILD 12 - ADULT 11 (EU 31-46)

Salford Insole's stand out feature is the durable material from which they are manufactured. This material has low odour properties and has embedded silver based anti-microbial agents. Having no top cover ensures that they are easily cleaned and machine washable. These insoles are particularly popular for harsher environments such as sports shoes, football boots, Wellingtons and work boots. Salford Additions (heel raises and wedges) are available for further customisation. Due to the nature of the shell material, only Salford Additions will properly adhere to the devices.

Orange - Flex

The Salford Insole Orange device offers durability and pronation control with increased flexibility for sports.

Blue - Firm

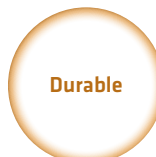
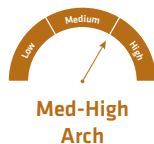
The Salford Insole Blue device offers greater durability and pronation control for heavier and harder wearing patients.

Features

- Full length
- Durable polymer shell
- No cover for easy cleaning
- Stabilising heel cup
- Slim contour for better fit
- Compatible with Salford Additions only.

Recommended for

- Moderate pronation & instability issues
- Casual & sports footwear
- Work boots, Wellingtons & Football boots



Casual & Sports



Football Boots

SALFORD INSOLE ADDITIONS

PAIR

ADDITIONS FOR CUSTOMISATION

MEDIUM & LARGE

All Salford Insoles are customisable using the specifically designed Salford additions. Wedges and heel raises are available to purchase separately. These additions are made with specialist shear resistant adhesive tape ensuring a strong bond. All additions are tapered to ensure comfort under the midfoot.

REARFOOT MEDIAL WEDGE - 4°



HEEL RAISE - 4MM & 6MM



SALFORD GREEN - LATERAL WEDGE

PAIR

KNEE MEDIAL COMPARTMENT ARTHRITIS

ADULT 3-11 (EU 35-46)

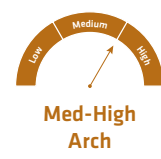
The Salford Green is the first insole designed for medial knee osteoarthritis. It has been proven through research undertaken at the University of Salford, to reduce forces at the knee which are associated with medial compartment knee arthritis. Flex lines in the forefoot help to maintain normal toe flexion.

Features

- Durable high density polymer shell
- No cover for easy cleaning
- 4° lateral forefoot post
- Flex lines in the forefoot help to maintain normal toe flexion
- Stabilising heel cup

Recommended for

- Knee pain - genu varum
- Medial compartment osteoarthritis
- Alternative to knee bracing
- Pre-op knee pain
- Lateral ankle stability
- Casual & sports footwear



LATERAL WEDGE TECHNOLOGY

How Does it Work?

- The lateral forefoot post steers the knee into a genu valgus position, which "opens up" the medial compartment and reduces forces and pain in the arthritic joint
- The firm support under the arch and midfoot deters foot collapse and pronation
- The benefit of lateral wedging without increasing foot pronation

Engineered to reduce the damaging forces at the arthritic knee & provide effective relief from medial knee pain



Clinical research showed:

- 13% reduction in the knee adduction moment that leads to genu varum & medial knee arthritis
- 22% reduction in WOMAC knee pain scores & improved knee function scores
- **96% higher compliance than patients using knee braces**

(Jones, Nester et al, 2012)

X-LINE - CONDITION SPECIFIC RANGE



The X-Line Condition Specific range is designed to provide cost effective off-the-shelf solutions for specific lower limb conditions. These orthotic devices have unique built-in features to offer correction and control without the need to adapt further with additions.

X-LINE TPD

PAIR

TIBIALIS POSTERIOR DYSFUNCTION

ADULT 3 - 15 (EU 36-50)

The X-Line TPD (Tibialis Posterior Dysfunction) device provides excellent stability by incorporating a deep heel cup and high medial and lateral sides. Arch and midfoot support, with an integrated low recess to the 1st MTP joint, also assist the windlass mechanism. These features combined make it an ideal option for stage 1 and stage 2a Tibialis Posterior Dysfunction. Compatible with PPL additions if required.

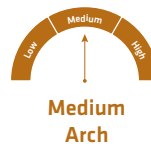


Features

- Full length
- High density EVA shell
- Reinforced sides
- Bonded soft cover
- Deep heel cup
- High medial and lateral borders
- Low metatarsal dome
- Low 1st met recess

Recommended for

- Tibialis Posterior Dysfunction
- Instability & low tone
- Hypermobility
- Moderate to severe pronation issues
- Casual & sports footwear



X-LINE DJD

PAIR

1ST MPJ DEGENERATIVE JOINT DISEASE

ADULT 3 - 15 (EU 36-50)

The X-Line DJD is designed to manage the symptoms and mechanics of 1st MPJ degenerative joint disease, such as Hallux Limitus, Hallux Rigidus and Hallux Valgus. The inbuilt heel lift and the unique "metatarsal rocker" allow the hallux to dorsiflex from a more flexed starting position, and reduces the amount of movement required for propulsion. Provides a similar effect to a rigid rocker forefoot offloading shoe.

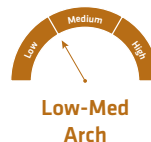


Features

- Full length
- Medium density low profile EVA shell
- Bonded soft cover
- Inbuilt metatarsal rocker
- 3 mm heel raise
- Low metatarsal dome
- Low 1st met head cushioned recess

Recommended for

- Hallux Limitus
- Hallux Rigidus
- Symptoms HAV
- 1st MPJ osteoarthritis
- Poor metatarsal rocker function
- Mild to moderate pronation issues
- Casual & sports footwear



X-LINE PF

PAIR

PLANTAR FASCIA PAIN

ADULT 3 - 15 (EU 36-50)

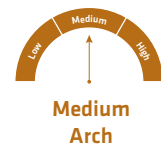
The X-Line PF Plantar Fascia pain device is designed to provide pain relief and aid healing of the plantar fascia. Arch and midfoot support, with an integrated low recess to the 1st MPJ assist the windlass mechanism. A small cushioned heel recess perfectly positioned at the plantar attachment point also reduces pressure and irritation.

Features

- Full length
- High density EVA shell
- Bonded soft cover
- Low metatarsal dome
- Low 1st met recess
- Cushioned heel recess

Recommended for

- Plantar fascia pain
- Windlass failure
- Heel pain
- Mild to moderate pronation issues
- Casual & sports footwear



X-LINE AT

PAIR

ACHILLES TENDINOPATHY

ADULT 3 - 15 (EU 36-50)

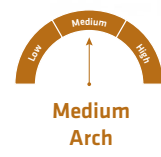
The X-Line AT Achilles Tendinopathy device is designed to assist forward progression of the leg. The midfoot support and integrated heel raise assists heel lift during the propulsive phase of gait.

Features

- Full length
- High density EVA shell
- Bonded soft cover
- 4 mm heel raise
- Low metatarsal dome
- Low 1st met recess

Recommended for

- Ankle dorsiflexion issues
- Achilles tendinopathy
- Mild to moderate pronation issues
- Casual & sports footwear



X-LINE PRESSURE PERFECT

PAIR

PRESSURE RELIEF FOR THE SENSITIVE FOOT

ADULT 3 - 15 (EU 36-50)

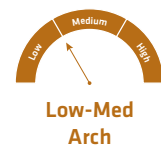
The X-Line Pressure Perfect is a low-cost cushioned insole which was designed to meet the needs of the sensitive foot. The memory foam top cover cushioning has shown in tests to reduce pressure in the forefoot by up to 39%. The shock attenuating cover is also durable against shearing stresses and "bottoming out".

Features

- Full length
- Low density EVA shell
- 3 mm shock attenuating anti-shear top cover
- Low metatarsal dome
- Low 1st met recess

Recommended for

- Sensitive foot
- Diabetic care
- Shock attenuation
- Mild to moderate pronation issues
- Casual & sports footwear



OTHER BRANDS OF STOCK ORTHOSES

To complete our range of stock orthotic devices, we also supply a selected range from other brands. These products have unique standout features, with devices available for odour control, stability, shock attenuation, fat pad degeneration, circulatory issues and a forefoot offloading insert for high heels.

HEALIX CARE™

PAIR

BREATHABLE ODOUR CONTROL DEVICES

ADULT 3 - 12.5 (EU 35-48)

Healix Care™ breathable insoles provide a solution for those prone to foot odour and perspiration during sports and everyday activities. They are available in three shell types which provide varied levels of stability and cushioning.

Features

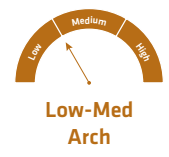
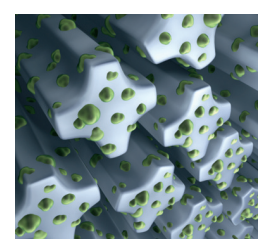
- 3 types of low profile shells
- Breathable, ventilated, shock absorbing mid-layer
- Bambootecc™ odour control top cover

Recommended for

- Mild to moderate pronation issues
- Hyperhidrosis and odour control
- Casual and sports footwear

Bambootecc™

Bambootecc™ top cover keeps feet cool and controls odour



SOFTSHELL™



The SoftShell™ provides moderate support and excellent shock attenuation with additional gel heel cushioning for extra comfort on heel strike.

DAILY LIVING™



The Daily Living™ is a comfortable and lightweight device, which provides moderate support. This is an ideal everyday insole.

CONTROLTECC™



The ControlTecc™ features a firm shell that gives good rear and mid foot control. Ideal for heavier use and high impact activities.

BURATTO

PAIR

HEAT MOULDABLE STABILITY DEVICE

ADULT 4 - 10.5 (EU 37-45)

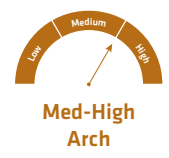
The Buratto can be heat moulded for closer fitting around narrow heels. Also available in paediatric sizes.

Features

- Semi-rigid shell
- 2 mm EVA cushioning cover
- Deep heel cup
- High medial and lateral borders
- Curved base
- Heat mouldable

Recommended for

- Instability & low tone
- Narrow heels
- Mild to moderate pronation issues
- Casual & sports footwear



DR. COMFORT ELITE THERMAL INSOLE

PAIR

SENSITIVE FOOT - THERMAL & SELF MOULDING

This sensitive foot insole has a Plastazote top cover which is self moulding and provides extra soft cushioning. The thermal properties also make it ideal for patients with circulation issues.

Features

- Low to medium density shell
- Self moulding, thermal Plastazote top cover

Recommended for

- Sensitive foot
- Diabetic care
- Circulation Issues
- Mild pronation issues
- Casual footwear

ADULT 3 - 12.5 (EU 35-48)



DR. COMFORT GEL INSOLE

PAIR

SHOCK ATTENUATING COMFORT INSOLE

Dr. Comfort Gel insoles are low cost devices which provide shock attenuation and pressure relief, especially in the heel and forefoot areas. These insoles come as standard in all Dr. Comfort footwear.

Features

- Low to medium density shell
- Gel padding under forefoot and heel

Recommended for

- Shock attenuation
- Arthritis
- Mild pronation issues
- Casual & Sports footwear

ADULT 3 - 12.5 (EU 35-48)



INSOLIA HIGH HEEL INSERTS

PAIR

FOREFOOT OFFLOADING IN A HIGH HEELED SHOE

The Insolia inserts are designed to transfer pressure from the forefoot to the heel. Developed by Howard Dananberg using negative heel offloading principles.

Features

- Adhesive back to prevent slipping
- Easy to clean
- Low cost

Recommended for

- Forefoot pressure redistribution
- Eases metatarsalgia symptoms
- High heeled shoes

ADULT 1.5 - 9.5 (EU 33-44)



DERAMED GEL HEEL CUP

PAIR

GEL HEEL CUSHION

Silicone gel heel cup designed to reduce pain caused by conditions such as heel spurs.

Features

- Extra soft heel cushioning
- Easy to clean
- Low cost

Recommended for

- Heel fat pad atrophy
- Casual & sports footwear

ADULT 3 - 10 (EU 35-44)



TEMPORARY ORTHOTIC DEVICES

Temporary orthotic devices are an immediate short term solution for your clinic. They can be used as a diagnostic aid for a short term problem, or as a short term solution whilst waiting for a permanent device. We have a selection of pre-fabricated components, low cost orthotic bases and materials to choose from.

TEMPORARY DEVICE - INSOLES & BASES

These low cost insoles and bases are adapted with components to make temporary devices. Sold in 5 pair packs of the same size. Alternatively single pairs are available at a higher cost.

ALTER-IT™ ORTHOTICS

Full length, thin medium density EVA reinforced shell with a low to medium arch. Thinly cushioned forefoot extension and soft fabric cover.

5 PAIR PACKS

ADULT 4 - 13 (EU 37-49)



EEZYTEMP FULL LENGTH

Full length, thin semi-rigid shell with a low to medium arch, low metatarsal dome. Thinly cushioned forefoot extension and leather top cover.

5 PAIR PACKS

ADULT 3 - 11 (EU 36-46)

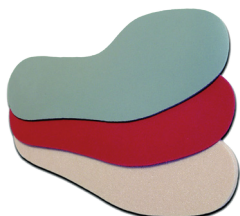


PPL INSOLE BASES

Flat insole bases available in 2 mm EVA, 3.2 mm Grey Poron™, 6 mm Plastazote.

5 PAIR PACKS

ADULT 5 - 13.5 (EU 38-49)



EEZYTEMP 3/4 LENGTH

3/4 length, thin semi-rigid shell with a low to medium arch, low metatarsal dome and leather top cover.

5 PAIR PACKS

ADULT 3 - 11 (EU 36-46)



TEMPORARY DEVICE - COVERS, CUSHIONS & WEDGE STRIPS

MATERIAL SHEETS

We stock a range of materials which have been cut into conveniently sized pieces, for easier delivery and storage in the clinic. Some of these are also available with self-adhesive backing. These materials can be used for a multitude of purposes such as top covers, extra padding, base covers and heel raises. Please contact us or see our website for more details.

0.25 SQUARE METRES (APPROXIMATELY)

OPTIONS

- 1 mm, 2 mm, 3 mm, 6 mm & 8 mm EVA
- 2 mm Astro Sport
- 3 mm Cushioning

PORON™ CUSHIONING

Poron™ is a popular cushioning material, available in the following options:

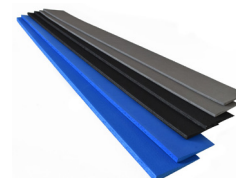
- 3 mm Grey Poron™ - High Performance
- 3 mm Pink Poron™ - Slow Memory
- 6 mm Grey Poron™ - High Performance
- 6 mm Pink Poron™ - Slow Memory



0.25 SQUARE METRES (APPROXIMATELY)

EVA WEDGE STRIPS

High density EVA wedge strips are 65 cm long and 7 cm wide, available in self-adhesive or plain, in 3°, 5° or 8°.



TEMPORARY DEVICE - COMPONENTS

Components are useful in all clinics. As well as adapting temporary insoles and bases, they can be applied to the patient's insoles or directly into the shoe. Self-adhesive components are more convenient to apply. Lower cost plain (non-adhesive) components can be applied using double-sided tape. Sold in multi-packs of various sizes.

ALTER-IT™ WEDGES

Self-adhesive, high density polyurethane rearfoot wedges. Available in medium or large and a choice of 3°, 5° or 8°.

5 PAIR PACKS

MEDIUM & LARGE

Degree	Type
3°	S/A
5°	S/A
8°	S/A



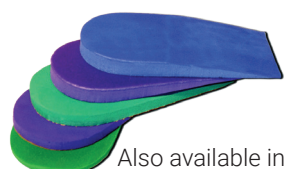
HEEL RAISES

Made of firm medium density EVA. Available in medium or large, a variety of heights, self-adhesive or plain.

PACKS OF 10

MEDIUM & LARGE

Height	Type
3 mm	S/A or Plain
6 mm	S/A or Plain
8 mm	S/A or Plain
10 mm	Plain
12 mm	Plain



Also available in mixed bags

EVA ELONGATED WEDGES

High density EVA rearfoot wedges. Available in medium or large, 3°, 5° or 8°, self-adhesive or plain.

5 PAIR PACKS

MEDIUM & LARGE

Degree	Type
3°	S/A or Plain
5°	S/A or Plain
8°	S/A or Plain



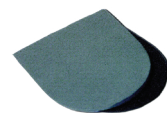
EVA ECONOMY WEDGES

High density EVA rearfoot short economy wedges. Available in one size, 3° or 5°, self-adhesive or plain.

5 PAIR PACKS

ONE SIZE

Degree	Type
3°	S/A or Plain
5°	S/A or Plain



ALTER-IT™ SELF-ADHESIVE COMPONENTS

Self-adhesive, high quality cushioning pads in a variety of shapes and sizes. Can be directly applied to any device.

12 PAIR PACKS

MEDIUM & LARGE

Type
Arch Pad
Small Dome
Met Bar
Heel Cushion



LATEX COMPONENTS

Latex pads, in a variety of shapes and sizes, can be applied to a temporary device using self-adhesive tape.

5 PAIR PACKS

VARIOUS SIZES

Type	Size
Arch Pad	S, M, L
1 st Met Cut-out	M, L
2-4 Dome	S, M, L
2-5 Varus Met Bar	M, L
Teardrop Pad	One Size



CLINICAL SUNDRIES

We supply a range of clinical sundries, which include casting sundries, padding materials, shoe fitting sundries and equipment used for making temporary devices or adapting stock devices. Please see our website for more details.



Deep & Shallow Foam Boxes

Specialist E Casting Bandage



Heat Gun

Double-sided Adhesive Tape



Padding Materials

Shoe Fitting Sundries



AFO - ANKLE FOOT ORTHOSES

BOXIA DROP FOOT AFO

SINGLE - UNIVERSAL

SOFT ANKLE DORSIFLEXION SPLINT FOR FOOT DROP

The Boxia Drop Foot AFO is designed to assist the lower limb in achieving adequate ankle dorsiflexion for normal heel-to-toe gait. It helps to raise the forefoot during gait, reducing the risk of tripping and falling.

Features

- Two separate components - cuff situated above the ankle and a non-slip hook section which fits between the laces / Velcro straps of footwear
- Adjustable range of ankle dorsiflexion, inversion and eversion
- Perforated material for ventilation
- Gel padded sections for enhanced comfort
- Soft comfortable lining
- Universal left/right fitting
- Hand washable

Recommended for

- Foot drop
- Lower limb paralysis
- Assists normal gait ambulation
- Suitable for use with most footwear types

Box Contents

- 1 x Ankle Cuff
- 1 x Tension Strap
- 2 x Tongue Hook Inserts
- 4 x S Shaped Hooks



Available in Black and Beige

Size	Ankle Circumference (cm)
Paed/XSmall	13 - 17
Small	17 - 21
Medium	21 - 25
Large	25 - 29

BOXIA ACCESSORIES



Please note: This only includes the shoeless wrap as indicated

Shoeless Wrap



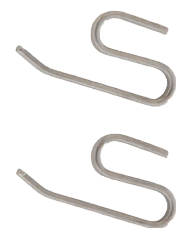
Calf Support



Tongue Hook Inserts



Tension Strap



S Shaped Hook

PUSH™ ORTHO AFO

SINGLE - LEFT OR RIGHT

FOOT DROP & ACTIVE REHABILITATION OF ANKLE DORSIFLEXORS

The Push™ AFO offers a unique solution for foot drop. The Push™ AFO allows active dorsiflexion of the ankle, whilst limiting plantar flexion. The strapping and rigid lightweight posterior shell prevent plantar flexion. The flexible sole plate facilitates ankle dorsiflexion and a foot orthotic device can be accommodated on top of the foot plate. In addition, the AFO offers lateral stability to the ankle joint. The Push AFO can also be used as a night splint.

Features

- Non-elastic diagonal support straps
- Elastic compression straps
- Lightweight fibreglass shell
- Flexible footplate
- Velcro™ fasteners
- Slimline design

Recommended for

- Foot drop
- Rehabilitation of ankle dorsiflexors
- Accommodation of foot orthotic devices
- Ankle instability
- Severe flat foot

Size	UK	EU
Small	4 - 7.5	36 - 41
Medium	6 - 10	39 - 44
Large	8 - 11.5	42 - 47



ORLIMAN LEAF SPRING AFO

SINGLE - LEFT OR RIGHT

POLYPROPYLENE DROP FOOT ORTHOSIS

The Orliman Leaf Spring AFO assists in preventing plantar flexion of the ankle in drop foot while facilitating moderate ankle dorsiflexion.

Features

- Low profile polypropylene shell
- Soft posterior and anterior padding
- Adjustable Velcro strap
- Easily trimmable foot plate
- Open heel design
- Heat modifiable shell
- Detachable, breathable and washable soft padded calf band

Recommended for

- Prevention of plantar flexion of the ankle in foot drop
- Facilitates moderate ankle dorsiflexion
- High and low tone issues
- Foot Drop
- Accommodated in most footwear types

Optional Extras



FOOT DROP INSTEP PAD

The Orliman Foot Drop Instep Pad is used in conjunction with the Orliman Leaf Spring AFO to enhance stability and positioning of the foot and ankle within the orthosis. An adjustable strap and two fastening discs facilitate connection between the two devices.



Size	UK	EU
XSmall	3 - 4	35 - 37
Small	4 - 6	37 - 39
Medium	6 - 7.5	39 - 41
Large	7.5 - 9	41 - 44

ORLIMAN PAEDIATRIC STATIC SHORT AFO

90° PLANTAR FLEXION CONTROL AFO

The Orliman Paediatric Static AFO is designed to restrict ankle plantarflexion & dorsiflexion, by holding the ankle at 90°. Useful for children with high and low tone issues, ankle instability, toe walking and preventing the foot from dragging on the ground during the swing phase of gait.

Features

- Low-profile thermoplastic rigid exterior shell
- Soft flexible polyethylene interior shell
- 3 adjustable straps
- Soft EVA pads for the midfoot and forefoot
- Lightweight
- Trimmable foot plate

Recommended for

- Restriction of ankle plantarflexion and dorsiflexion
- Low & high tone issues
- Neurological deficiencies
- Stabilisation of the foot and ankle
- Toe walking
- Balance & co-ordination issues

SINGLE - LEFT OR RIGHT



Size	Foot (cm)
Size 1	12.4
Size 2	13.2
Size 3	14
Size 4	15
Size 5	16
Size 6	17.5
Size 7	19
Size 8	21

ORLIMAN PAEDIATRIC HINGED DYNAMIC AFO

AFO FOR CONTROLLED DORSIFLEXION

Similar to the Paediatric Static AFO, but this orthosis features a hinge at the posterior shell. The hinge can be left open to facilitate dynamic dorsiflexion, whilst restricting ankle plantarflexion to 90°. The hinge can also be fixed to control dorsiflexion. Useful for children with high and low tone issues, ankle instability and preventing the foot from dragging on the ground during the swing phase of gait.

Features

- Low-profile thermoplastic rigid exterior shell
- Soft flexible polyethylene interior shell
- 3 adjustable straps
- Fixable hinge to allow controlled dorsiflexion
- Hex key included for fixing hinge in place
- Soft EVA pads for the midfoot and forefoot
- Trimmable foot plate

Recommended for

- Facilitates controlled ankle dorsiflexion
- Restriction of ankle plantarflexion
- Low & high tone issues
- Neurological deficiencies
- Stabilisation of the foot and ankle
- Post-op rehabilitation
- Balance & co-ordination issues

SINGLE - LEFT OR RIGHT



Size	Foot (cm)
Size 1	12.4
Size 2	13.2
Size 3	14
Size 4	15
Size 5	16
Size 6	17.5
Size 7	19
Size 8	21

ORLIMAN PAEDIATRIC SUPRAMALLEOLAR DYNAMIC AFO

STABILITY ORTHOSIS FOR HYPER-PRONATION

SINGLE - LEFT OR RIGHT

This AFO is a low-cut foot & ankle stability device which allows normal ankle plantar flexion and dorsiflexion, but prohibits pronation & supination. The extension covering the malleoli provides enhanced stability to a foot orthosis, and the low profile design is still easily accommodated in footwear, compared with a traditional AFO.

Features

- Low-profile thermoplastic rigid exterior shell
- Soft flexible polyethylene interior shell
- 3 adjustable straps
- Fixable hinge to allow controlled dorsiflexion
- Soft EVA pads for the midfoot and forefoot
- Trimmable foot plate

Recommended for

- Restricts excessive rearfoot pronation & supination
- Facilitates normal ankle plantarflexion & dorsiflexion
- Low tone & hypermobility issues
- Balance & co-ordination issues



Size	Foot (cm)
Size 1	12.4
Size 2	13.2
Size 3	14
Size 4	15
Size 5	16
Size 6	17.5
Size 7	19
Size 8	21

REHABILITATION BRACES

AIRCAST AIRLIFT™ PTTD BRACE

SINGLE - LEFT OR RIGHT

REHABILITATION OF TIBIALIS POSTERIOR DYSFUNCTION

The Aircast AirLift™ PTTD brace is designed for rehabilitation of posterior tibial tendon dysfunction (PTTD) stages III and IV. An aircell located under the medial arch is inflated by the hand bulb to achieve customised cushioned support of the arch. Semi-rigid medial/lateral anatomical shells provide ankle stabilisation.

Features

- Semi-rigid shell
- Inflatable aircells for customised arch support
- Two adjustable straps

Recommended for

- Management of PTTD - Tib Post Dysfunction
- Early adult flat foot

Size	UK	EU
Small	3 - 5	35 - 38
Medium	6 - 8	39 - 42
Large	9 - 11	43 - 46



AIRCAST AIRHEEL™ BRACE

SINGLE - UNIVERSAL

REHABILITATION OF ACHILLES TENDINOPATHY

The Aircast AirHeel™ uses two interconnected aircells located under the medial arch and in the back of the heel which apply pulsating compression with every step. This brace assists in reducing swelling and discomfort, while also enhancing circulation. This is an excellent option for active patients recovering from injuries such as Achilles tendinopathy or plantar fasciitis.

Features

- Pulsating aircells massage the plantar heel and TA

Recommended for

- Achilles tendinopathy
- Plantar fasciitis

Size	UK	EU
Small	3 - 5	35 - 38
Medium	6 - 8	39 - 42
Large	9 - 11	43 - 46



ANKLE BRACES & SUPPORTS

Research shows that following ankle sprain over 30% of patients are left with chronic ankle instability. Ankle bracing offers stabilisation for both the acute and chronic phase, and prevention of injury recurrence.

PUSH™ ORTHO AEQUI BRACE

SINGLE - LEFT OR RIGHT

ADULT STABILISING ANKLE BRACE

The Push™ Ortho Aequi ankle brace stabilises the ankle joint during inversion as well as eversion and in both neutral and flexed positions. The rigid support is situated on the medial side of the ankle and has a recess for the malleolus. The lateral side is made from preformed foam, which easily adapts to the anatomical shape.

The brace is worn over the sock and optimal stabilisation can only be achieved if it is worn with a closed (laced-up) shoe. It can be used in conjunction with orthotic devices.



Features

- Non-elastic diagonal support straps
- Elastic compression straps
- Velcro™ fasteners
- Slimline design

Recommended for

- Severe or chronic ankle instability
- Acute ankle injuries
- Injury prevention

Size	Ankle Circumference (cm)
Small	27 - 31
Medium	31 - 34
Large	34 - 40

PUSH™ ORTHO AEQUI JUNIOR BRACE

SINGLE - UNIVERSAL

PAEDIATRIC STABILISING ANKLE BRACE

The Push™ Ortho Aequi Junior ankle brace offers ankle stability to children aged 6 to 12. Similar to the adult brace the Aequi junior offers an easy to fit, comfortable and lightweight stabilising option for children.

The brace should be worn over socks, within a closed (laced up) shoe. The brace can also be used instead of or in conjunction with a stabilising paediatric orthotic device.



Features

- Non-elastic diagonal support straps
- Elastic compression straps
- Velcro™ fasteners
- Slimline design

Recommended for

- Severe or chronic ankle instability
- Acute ankle injuries
- Injury prevention

Size	Ankle Circumference (cm)
One Size	23 - 27

Child 11 – Adult 4 (EU 30-37)

AIRCAST AIRSPORT™ BRACE

STABILISING ANKLE BRACE

The Aircast Airsport™ brace incorporates clinically proven Air-Stirrup® features such as a semi-rigid shell and foam filled aircells, providing comfort and support during activity. Additional compression and stabilisation is provided by the anterior talofibular (ATF) cross-strap and integral forefoot and shin wraps.

Features

- Foam filled aircells that cushion and support
- Semi-rigid shell
- ATF cross-strap
- Forefoot and shin wraps

Recommended for

- Severe or chronic ankle instability
- Acute ankle injuries
- Injury prevention

SINGLE - LEFT OR RIGHT



Size	UK	EU
Extra Small	13 - 2	32 - 34
Small	3 - 5	35 - 38
Medium	6 - 8	39 - 42
Large	9 - 11	43 - 46
Extra Large	11 - 13	47 - 49

ORLIMAN TOBIPLUS LACE UP ANKLE SUPPORT

LACE-UP ANKLE STABILISING SUPPORT

The Orliman Tobiplus Lace-up Ankle Stabilising Support features medial and lateral support plates and a high tension elastic figure-of-eight cross strap, making this a highly supportive ankle brace. Soft lining and a padded tongue beneath the lace ensure optimal comfort. Fits comfortably in most footwear types.

Features

- Medial and lateral stiffening support plates
- Lace-up system with padded tongue
- Mediolateral figure of 8 cross straps (1 elastic, 1 non-elastic) with Velcro fastening
- High density Velour foam and a breathable POROMAX lining
- Easily accommodated in most footwear types
- Soft padded lining
- Hand washable

Recommended For

- Treatment of acute and chronic ankle injuries
- Protection and stabilisation of the ankle joint
- Post-surgical management
- High level of support for sports performance

SINGLE - LEFT OR RIGHT



Size	Ankle Circumference (cm)
Small	17 - 20
Medium	20 - 25
Large	25 - 30

ORLIMAN ELASTIC SOCK ANKLE SUPPORT

ANKLE COMPRESSION SUPPORT

SINGLE - UNIVERSAL

The Orliman Adjustable Elastic Soft Sock Ankle Support is designed to provide mild mediolateral ankle support during sports/daily activity. The figure-of-eight cross strap system wraps securely around the ankle joint and fastens neatly with Velcro attachments. Suitable for the management of minor ankle injuries.

Features

- Highly resistant elastic material
- Figure-of-eight elastic strapping
- Fully adjustable fastening straps
- Soft comfortable ventilated materials
- Available in black or beige
- Hand washable

Recommended For

- Injury prevention soft sock
- Compression and protection
- Management of minor ankle injuries



Size	Ankle Circumference (cm)
XSmall	< 19
Small	19 - 20
Medium	20 - 23
Large	23 - 25
XLarge	> 25

ORLIMAN PAEDIATRIC ANKLE SUPPORT

SINGLE - UNIVERSAL

STABILISING ANKLE BRACE

The Orliman Paediatric Ankle Support is an elasticated figure-of-eight brace used for the treatment of acute and chronic ankle injuries. This brace provides compression, protection and stabilisation of the ankle joint during the rehabilitation phase. A breathable honeycomb fabric and two adjustable Velcro straps ensure a secure and comfortable fit. This brace is easily accommodated in most footwear.

Features

- Elastic and breathable honeycomb fabric interior
- Velour exterior lining
- 2 adjustable Velcro fastening straps additional figure of 8 Velcro fastening strap
- Hand washable

Recommended for

- Treatment of acute and chronic ankle injuries
- Compression, protection and stabilisation of the ankle joint
- Ankle injury prevention



Age	Ankle Circumference (cm)
2 - 6	20
6 - 12	24

FOOT & ANKLE NIGHT SPLINTS

Stretching of tight calf muscles is seen as essential for the rehabilitation of Achilles tendinopathy. Due to the continuum of fibres, it is also recognised as a key management principle for plantar fascia pain.

ORLIMAN PAEDIATRIC NIGHT SPLINT

SINGLE - UNIVERSAL

RIGID PLASTIC NIGHT SPLINT

The Orliman Paediatric Night Splint is a night/resting orthosis which applies a graduated stretch to the TA, plantar fascia and calf. It provides protection and stabilisation of the foot and ankle.

Features

- Adjustment of ankle angle
- 3 cushioned straps to secure to leg
- 2 side straps for increased dorsiflexion stretch
- Non-slip foot plate for limited indoor ambulation
- Universal left/right fitting
- Soft padded shell and foot plate



Recommended for

- Night / resting ankle foot orthosis which can apply a graduated stretch to the TA, plantar fascia & calf
- Protection and stabilisation of the foot and ankle
- Adjustable level of ankle flexion

Size	Length	Width
Size 1	17 cm	22 cm
Size 2	19 cm	26.5 cm

PROCARE DORSIWEDGE

SINGLE - UNIVERSAL

CALF STRETCH NIGHT SPLINT

Night splint with a padded, contoured rigid posterior shell, which provides immobilisation and passive dorsiflexion stretch to the calf. A full length wedge is included for additional graded stretching. Useful for rehab of Achilles tendinopathy & plantar fascia pain. Washable removable liner.

Size	UK	EU
Small	12 - 2	31 - 34
Medium	3 - 6	35 - 39
Large	7 - 10	40 - 45
XLarge	11 - 14	46 - 50



DARCO BODY ARMOR™ NIGHT SPLINT

SINGLE - UNIVERSAL

WINDLASS ENGAGING NIGHT SPLINT

As well as stretching the calf, this night splint has an elastic toe loop which elevates the hallux. This actively engages the windlass mechanism, resulting in a more specific and sustained stretch to the plantar fascia. Rather than immobilising it holds a passive stretch, but also allows active extension and flexion. Useful for rehab of plantar fascia pain and Achilles tendinopathy.

ONE SIZE



***Optional extra:** Toe Plate for Body Armor Night Splint System to stretch the plantar foot flexor group through positioning of all five toes.



DIGITAL SPLINTS

The evidence base for splinting toe deformities such as Hallux Valgus is unclear. Digital splints aim to stretch the soft tissues around the deformity. The severity of deformity, joint mobility and the patient's age may be relevant.

FRESCO BUNION SPLINT

PAIR

HAV NIGHT SPLINT

The Fresco bunion splint is an inexpensive, fully adjustable night splint which may assist soft tissue stretching in patients suffering from HAV. It incorporates a soft pad to cushion the bunion and lateral side of the hallux. The adjustable Velcro™ tension strap acts as a lever to gradually align the hallux.

Size	UK	EU
Small	2 - 4	34 - 36
Medium	4.5 - 7	37 - 40
Large	7.5 - 11	41 - 45



DARCO TOE ALIGNMENT SPLINT

SINGLE - UNIVERSAL

HAV & LESSER TOE SPLINTING - DAY & NIGHT

This is a fully adjustable toe alignment splint, which can be used for soft tissue stretching of both lesser toe and hallux (HAV) deformities. A variety of soft straps can be fixed with Velcro™ to the midfoot band, splinting whatever deformities are present. This is further secured around the heel. The softness and slimness of this device make it suitable for daytime wear also.



ONE SIZE

ORLIMAN HAV COMFORT NIGHT SPLINT

SINGLE - LEFT OR RIGHT

TOE ALIGNMENT SPLINT

ONE SIZE

The Orliman HAV Comfort Night Splint is a toe alignment splint used to immobilise and protect the 1st MPJ. This splint features a breathable honeycomb fabric lining, a soft Hallux pad and three fastening straps, providing a secure and comfortable fit.

Features

- Breathable honeycomb fabric lining
- Malleable aluminium abductor splint
- 3 Velcro fastening straps
- Soft pad for Hallux protection
- Hand washable

Recommended for

- 1st MPJ immobilisation
- Hallux Abducto Valgus
- Post-surgical stabilisation and protection



ORLIMAN CONEX HAV DAYTIME SPLINT

TOE ALIGNMENT SPLINT

SINGLE - UNIVERSAL

ONE SIZE

The Conex HAV Dynamic Splint is a toe alignment splint used to immobilise and protect the 1st MPJ. A low profile design, in conjunction with highly elastic materials, make this a suitable device for wearing in footwear for dynamic use.

Features

- Elastic strap with gel padding wraps around the Hallux
- Fully adjustable tension levels
- Hand washable

Recommended for

- 1st MPJ immobilisation
- Hallux Abducto Valgus
- Post-surgical stabilisation and protection



ORLIMAN PAEDIATRIC HAV NIGHT SPLINT

SINGLE - LEFT OR RIGHT

TOE ALIGNMENT SPLINT

The Orliman Paediatric HAV Night Splint is a toe alignment splint used to immobilise and protect the 1st MPJ. This splint features a breathable honeycomb fabric lining, a soft Hallux pad and three fastening straps, providing a secure and comfortable fit.

Features

- Breathable honeycomb fabric lining
- Malleable aluminium abductor splint
- 3 Velcro fastening straps
- Soft pad for Hallux protection
- Hand washable

Recommended for

- 1st MPJ immobilisation
- Hallux Abducto Valgus
- Post-surgical stabilisation and protection



Size	Age
Size 1	2 - 6
Size 2	6 - 12

OTOFORM K2 - DIGITAL SPLINTING PUTTY

PACK

PUTTY FOR DIGITAL SPLINTS, PROTECTORS & SEPARATORS

Otoform K2 is a silicone putty used for moulding interdigital wedges, separators, dorsal toe protectors and orthodigital splints. It is a soft and easily kneadable impression material, which when used with the hardener sets to a rubber like consistency.

Contents

- 800 g tub of silicon putty
- 20 g tube hardener
- One pack can make over 50 digital splints

Recommended for

- Toe deformities
- Paediatric curly toes



Additional 20 g tube of hardener also sold separately.

DIGITAL PADDING & PROPS

DERAMED BUNION SLEEVE

A soft and elastic fabric bunion sleeve incorporating a gel pad, which provides immediate relief from HAV discomfort.

Size: One Size



Single

DERAMED METATARSAL CUSHION

This soft elasticated forefoot band with integrated metatarsal gel pad provides additional padding under the metatarsal heads. Useful for fat pad migration and atrophy.

Size: Small & Large



Pair

DERAMED DIGITAL CAP

The Deramed digital cap is fully lined with gel and protects the whole digit, including the apex of the toe.

Size: Small & Large



Pack of 6

DERAMED DIGITAL RING PAD

The Deramed digital ring pad has an internal gel disc which can be positioned to protect either the dorsum of lesser toes or the plantar aspect of the hallux.

Size: Small, Medium & Large

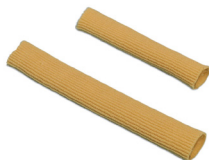


Pack of 12

DERAMED TUBULAR PADS

These 15 cm long elasticated ribbed tubes are fully lined with gel and can be easily cut to the size required.

Size: Small & Medium



Pack of 2

DERAMED TOE SEPARATORS

Deramed "fully gel" toe separators are used for interdigital protection. Also useful in HAV to separate the 1st and 2nd toe.

Size: Small, Medium, Large & XL



Pack of 6

LEATHER COVERED TOE PROP

Designed for splinting and straightening of toe deformities. Fits under the 2nd to 4th toe cleft. A small elasticated loop fits around the digit to keep the prop in place.

Size:

Small, Medium & Large



Single

LEATHER COVERED MET DOME PAD

A self-adhesive pad, ideal for attaching directly into footwear. Used for digital neuritis, mortons neuroma, callouses or to mobilise hallux limitus & plantarflexed 1st rays.

Size: Small & Large



Pair

Clinicians use a wide range of therapies to assist with and speed up the process of rehabilitation. We stock a selection of products relating to commonly used therapies, such as kinesiotape, acupuncture needles, compression sleeves and self-management kits.

ROCKTAPE - KINESIOLOGY TAPE

ROLL

RockTape is stretchier, stickier and stronger than competing tapes making it the preferred brand by athletes and medical professionals alike. Its purpose is to microscopically lift the skin away from the muscle and fascia below, creating a decompression effect. Kinesiology tape is also widely used to reduce swelling and contusions. Simply cut the tape into fanned strips to make a quick and easy taping application for contusions, swelling and other injuries where inflammation control is crucial.

Features

- Stronger adhesive than competing kinesiology tapes
- Patented plough pattern to channel water and sweat more effectively
- Extra durable due to nylon reinforcement
- Greater elasticity than other kinesiology tapes (190% vs 140%)
- Tighter weave than the competition

Recommended for

- Increasing blood flow
- Swelling and inflammation control
- Lymphatic drainage
- Removal of lactic acid
- Reducing muscle vibration

Size	Colour
5 cm x 5 m roll	Beige, Black, Red, Blue
5 cm x 32 m roll	Beige, Black
10 cm x 5 m roll	Black, Red
10 cm x 32 m roll	Black



CLASSIC JADE - ACUPUNCTURE NEEDLES

BOX OF 100

The Classic Jade needle has a fine, smooth, silicon coating making the insertion even more comfortable for sensitive patients. The tap-in type enables you to use a single hand to insert needles quickly and painlessly.

Features

- Tap-in style
- Fine silicon coating
- Individual guide tube

Sizes

- 30 mm x 0.25 mm - Purple
- 40 mm x 0.25 mm - Purple
- 15 mm x 0.16 mm - Red - For Hypersensitivity



TAP-IN TYPE

CLASSIC PLUS - ACUPUNCTURE NEEDLES

BOX OF 100

The Classic Plus type have a copper loop handle and a guide tube. Each needle makes use of a colour-coded tab for easy gauge/thickness identification. Classic Plus needles have an incredibly finely polished surface to minimise discomfort.

Features

- Copper loop handle
- Individual guide tube

Sizes

- 25 mm x 0.25 mm
- 40 mm x 0.25 mm



STANDARD TYPE

FS6 COMPRESSION SLEEVE

PAIR

The FS6 is designed to assist the management of plantar fascia pain and swelling using graduated zone compression technology. The six zones of graduated compression support the foot and ankle while boosting circulation.



Features

- Graduated compression
- Lightweight
- Breathable
- Slimfit design
- Anti-wicking material

Recommended for

- Plantar fascia pain

Size	UK	EU
Small	1 - 3	33 - 36
Medium	4 - 8	37 - 42
Large	9 - 13	43 - 49
Extra Large	14+	50+

HEELFIX KIT

SELF-MANAGEMENT KIT

The HeelFix Kit was designed by Andrew Horwood to allow patients to self-manage the symptoms and causes of plantar fascia and heel pain. The kit contains insoles, a therapy ball and strapping. It also contains an easy to follow exercise, mobilisation and taping information sheet for patients.

These contents may also be purchased separately.

EACH KIT CONTAINS:

HEELFIX INSOLES (1 PAIR)

The HeelFix Kit insole is a low profile, low bulk and lightweight insole that offers anti-pronatory control which takes some of the stress from the plantar fascia.

HEELFIX MASSAGE THERAPY BALLS (1 BALL)

The therapy ball is a longer term rehabilitative measure designed to strengthen the toe flexors of the foot. These muscles improve toe strength and the grip they make on the ground, or the inside of the shoe. In turn, this 'grip' allows a more efficient mechanical 'toe-off' reducing the load on the plantar fascia.

HEELFIX STRAPPING (14 PRE-CUT PIECES)

Non stretch, pre cut strapping is included for patients to apply daily during the acute phase. The clearly laid out information sheet and pre cut straps make this an easy process for the patient to follow.

EXERCISE & TAPING PATIENT INFORMATION SHEET

This patient friendly and easy to follow exercise information sheet includes a step by step rehabilitation programme. It contains calf stretching exercises, taping instructions and a foot strengthening and mobilising programme using the ball.



Size	UK	EU
Small	3 - 5.5	36 - 38
Medium	6 - 8.5	39 - 42
Large	9 - 10.5	43 - 45
XLarge	11 - 12.5	46 - 48
XXLarge	13 - 15	49 - 50

PADDING & PROTECTIVE MATERIALS

PACKS OF SMALL SHEETS

Self-adhesive padding and covering can be used to protect the foot during rehabilitation in the following manner:

- Applied to the foot with or without strapping
- Applied to devices to make temporary adjustments

Semi-compressed felt is used to make deflective pads and fillers.

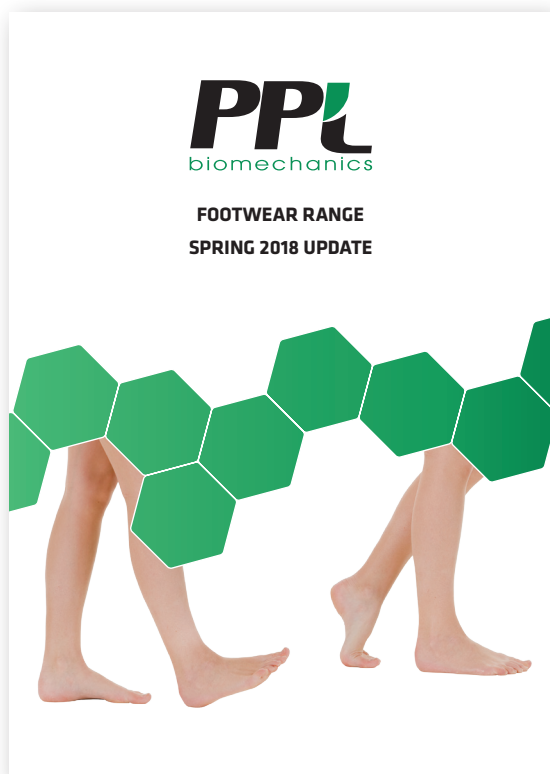
Fleecy Web is ideal to protect against blisters forming.

Product	Size
5 mm Felt	4 sheets (30 cm x 20 cm)
Fleecy Web	15 sheets (30 cm x 20 cm)

OTHER BROCHURES

REHABILITATION
& DIGITAL

FOOTWEAR RANGE



- **PODARTIS RIGOSO RANGE**
- **PODARTIS ACTIVITY RANGE**
- **PODARTIS CLASSICO RANGE**
- **PODARTIS THERAPIA RANGE**
- **DR. COMFORT EXTRA DEPTH**
- **DR. COMFORT STANDARD DEPTH**
- **DR. COMFORT NON-STOCK STYLES**

OFFLOADING & POST-OP



- **TOTAL CONTACT CASTING**
- **HEAT MOULDABLE WALKER BOOTS**
- **AIR WALKERS**
- **STANDARD WALKERS**
- **HEEL OFFLOADING FOOTWEAR**
- **FOREFOOT OFFLOADING FOOTWEAR**
- **HEALING FOOTWEAR**
- **POSITIONING & BALANCING DEVICES**

About Us:

PPL Biomechanics is Ireland's leading manufacturer and supplier of custom made & stock orthotic devices, orthopaedic footwear and offloading products. We exclusively deal with medical practitioners and are the leading provider of post-graduate biomechanics courses in Ireland. We have more than twenty years of experience supplying devices to practitioners working in a wide range of fields including sports medicine, orthopaedics, offloading & wound care, paediatrics, MSK, rheumatology, special needs and neurological deficits.

Contact Us:

PPL Biomechanics,
Tramore Commercial Park,
Tramore Road,
Cork, Ireland.
T12 HE17

Tel: 021 4320277
Fax: 021 4321159

www.pplbiomechanics.com
sales@pplbiomechanics.com

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