

## 1 Boot Foot Support

Code BFSW

- A simple foot support to prevent drop foot
- Fleece lined and snug fit for added comfort
- Lining can be removed for washing or replaced
- Universal – one size fits all
- Also available in Grey

BFSW/10 Boot Foot Support White  
BFSG/10 Boot Foot Support Grey

BWSW/10-L Replacement Liner White  
BFSG/10-L Replacement Liner Grey



## 2 Podus Boot

Code PB

- Complete pressure free heel suspension support, lined with Anti-Decubitus Kodel type liner to prevent pressure sores.
- The heel features a rotator bar which, when correctly positioned, corrects internal/external rotation of the hip, foot and ankle.
- Liner is removable for washing and can be replaced.
- Measure length of foot from back of calcaneus to the tip of the hallux

PB/STD Podus Boot Complete Standard fits up to 10" foot  
PB/XL Podus Boot Complete Ex Large fits 10" – 13" foot

PB/STD-L Replacement Liner for Standard Podus Boot  
PB/XL-L Replacement Liner for Ex Large Podus Boot

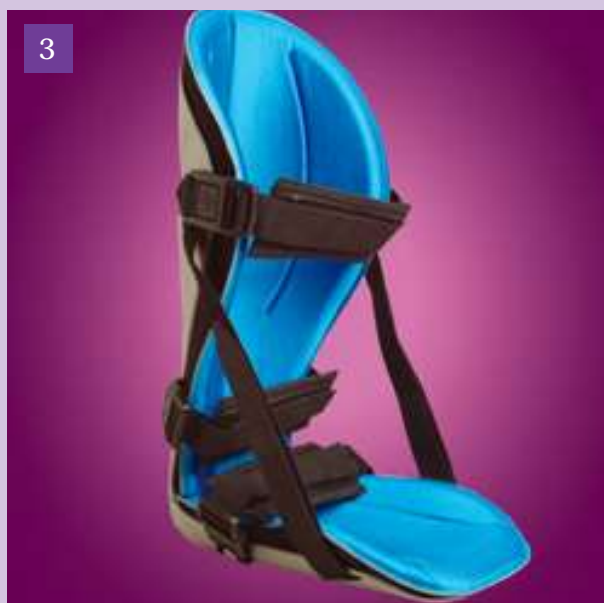


## 3 Universal Plantar Fasciitis Orthosis

Code UFO

- Holds foot in dorsi flexion and allows load application to soft tissues of plantar fascia and achilles tendon
- Easy adjustment of dorsi flexion
- Universal, fits right or left
- Replacement liners available

Size	Code	Shoe Size	Replacement Liner Code
small	UFO/S	Up to 5	UFO/S-L
medium	UFO/M	6 - 9	UFO/M-L
large	UFO/L	9½+	UFO/L-L



## 4 ANFTORTH

Code ANFTORTH

- Ankle/foot Orthosis with pressure relief which features an adjustable bar to control external/internal rotation
- A fully aerated heel and adjustable sole plate make this a very effective and comfortable brace
- Universal, fits right or left
- Replacement liners available

Size	Code	Shoe Size	Replacement Liner Code
small	ANFTORTH/S	Up to 5	ANFTORTH/S-L
medium	ANFTORTH/M	6 - 9	ANFTORTH/M-L
large	ANFTORTH/L	9½+	ANFTORTH/L-L





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## 1 Range Walker

Code 95020

- The hinge can be easily adjusted and locked between 0° and 30° of plantar or dorsi flexion, then released to allow full range of ankle movement in the later stages of Achilles tendon repair
- The strong plastic footpiece, uprights and rocker sole allow articulation of the foot and ankle for successful rehabilitation
- The foam liners are removable for laundering or replacement
- Universal design fits left and right

size	Rangewalker	shoe size
small	95023	3 - 6
medium	95025	6 - 9
large	95027	9 - 12

### Rangewalker Achilles Wedge (not illustrated)

Code 95130

- Placed under the heel and worn inside the Rangewalker

### Replacement Wraps for Walkers (not illustrated)

Code 95120

size		shoe size
small	95123	3 - 6
medium	95125	6 - 9
large	95127	9 - 12



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## 2 ProStep

Code 98790

- The strong plastic footpiece, uprights and rocker sole immobilise the foot and ankle, providing an economical alternative to serial casting
- The foam liners are removable for laundering or replacement

size	Prostep	shoe size
small	98793	3 - 6
medium	98795	6 - 9
large	98797	9 - 12



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## 3 SideKick

Code 95030

- The low-profile design gives comfortable stability, with fixed uprights and a non-slip rocker sole
- The foam liners are removable for laundering or replacement

size	SideKick	shoe size
small	95033	3 - 6
medium	95035	6 - 9
large	95037	9 - 12

## 1 Leaf Spring Orthosis

Code 8250

- A lightweight, polypropylene splint which provides static dorsiflexion assistance and allows limited plantarflexion
- The low arch and open heel give a neat shape which fits into a shoe easily
- The splint is heat mouldable
- To order, use the code number from the size chart below

size	left	right	shoe size
small	8250/0	8255/0	4 - 6
medium	8251/0	8256/0	5 - 7
large	8252/0	8257/0	6 - 8
x large	8253/0	8258/0	7 - 9

## 2 Fixed Ankle

Code 8210

- A lightweight, polypropylene drop foot splint which provides dorsiflexion assistance and prevents plantarflexion
- The splint is heat mouldable
- To order, use the code number from the size chart below

size	left	right	shoe size
small	8210/0	8215/0	4 - 6
medium	8211/0	8216/0	5 - 7
large	8212/0	8217/0	6 - 8
x large	8213/0	8218/0	7 - 9

## 3 Swedish Ankle Foot Orthosis

Code SAFO

- Provides static dorsiflexion assistance and lateral stability for the ankle/foot area
- Made in polythene, it is thicker on the vertical aspect for rigidity and thinner on the footplate to allow for trimming
- The low arch and open heel give a neat shape which fits into a shoe easily, and the calf section is padded for comfort
- Can be trimmed to size with scissors, and shaped with a heat gun if necessary

size	left	right
womens	SAFO/LL	SAFO/LR
mens	SAFO/ML	SAFO/MR

## 4 Air/Gel Ankle

Code AGA/10

- Two plastic medial and lateral ankle supports, shaped to fit comfortably over the malleoli, are lined with closed-cell foam
- Two detachable air/gel bags line the splint and can be used for hot or cold therapy
- The plastic supports are attached to a 'stirrup' of closed cell foam, fixed with Velcro™ and worn under the heel
- One size; universal design fits left and right ankle

## 5 H.I.P Air Ankle Brace

Code AB/HIP

- Two plastic medial and lateral ankles supports, shaped to fit comfortably over the malleoli, are lined with two air bags which can be inflated for extra support
- Universal design fits left and right

size	code	height
Regular	AB/HIPR	9.5" 24cm
Trainer	AB/HIPT	9" 25cm





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## 1 Elastic Ankle Wrap

LATEX

Code EW

- A simple 'figure of eight' design in 10cm (4") quality elastic giving light ankle support
- Supplied in a pack of 2

size		shoe size
small	EW/03	3 - 5
medium	EW/05	5 - 7
large	EW/07	7 - 9
x large	EW/08	9 - 11



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## 2 Anklet

Code ANK

- A pull-on Neoprene support for light compression and ankle support

size	left	shoe size
small	ANK/03	3 - 5
medium	ANK/05	5 - 7
large	ANK/07	7 - 9
x large	ANK/08	9 - 11



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## 3 Barnsley Ankle Brace

LATEX

Code EWB

- The stitched forefoot section allows this brace to slip on like a sock, and the Velcro™ closure applies variable tension for comfort
- Made in 10cm (4") quality elastic, giving light ankle support

size	left	right	shoe size
small	EWB/13	EWB/23	3 - 5
medium	EWB/15	EWB/25	5 - 7
large	EWB/17	EWB/27	7 - 9



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## 4 Lincoln Ankle Brace

Code LAB

- A zipped ankle support in Ventoprene, which is ventilated, towelling-lined Neoprene
- The zip is worn on the lateral aspect of the ankle, and a flexible spiral stay gives good ankle support on the medial aspect of the ankle
- The 'figure of eight' strapping is designed to limit plantarflexion

size	left	right	shoe size
small	LAB/13	LAB/23	3 - 5
medium	LAB/15	LAB/25	5 - 7
large	LAB/17	LAB/27	7 - 9

## 1 Open Toe Cast Sandal

Code CS/08

- A hard-wearing canvas upper with Velcro™ strapping is stitched to a rigid non-slip rocker sole
- For use with patients in a weight-bearing cast

size	code	sole length	sole width
x small	CS/08XS	18cm 7"	9cm 3½"
small	CS/08S	23cm 9"	10cm 4"
medium	CS/08M	27cm 10½"	11.5cm 4½"
large	CS/08L	31cm 12"	13cm 5"
x large	CS/08XL	36cm 14"	14cm 5½"



## 2 Open Toe Cast Sandal With Buckles

Code CS/48

- Return loop buckles ensure a good fit on the patient
- A hard-wearing canvas upper with Velcro™ strapping is stitched to a rigid non-slip rocker sole
- For use with patients in a weight bearing cast

size	code	sole length	sole width
x small	CS/48XS	18cm 7"	9cm 3½"
small	CS/48S	23cm 9"	10cm 4"
medium	CS/48M	27cm 10½"	11.5cm 4½"
large	CS/48L	31cm 12"	13cm 5"
x large	CS/48XL	36cm 14"	14cm 5½"



## 3 Open Toe Cast Sandal With Buckles

Code CS/30

- Designed for long term wear, a strong moulded sole is stitched to a hard-wearing canvas upper
- Return loop buckles ensure a good fit on the patient
- For use with patients in a weight bearing cast
- Colours may vary

size	code	sole length	sole width
x small	CS/30XS	18cm 7"	9cm 3½"
small	CS/30S	23cm 9"	10cm 4"
medium	CS/30M	27cm 10½"	11.5cm 4½"
large	CS/30L	31cm 12"	13cm 5"
x large	CS/30XL	36cm 14"	14cm 5½"



## 4 Medi Shoe

Code 811

- A quality padded upper with return loop buckles accommodates the oedematous or bandaged foot very comfortably
- The ridged non-slip sole is semi-flexible to allow normal gait, and lined with closed cell foam for comfort

size	code	sole length	sole width
x small	81142	20cm 8"	8cm 3"
small	81143	23cm 9"	8cm 3"
medium	81147	27cm 10½"	9cm 3½"
large	81135	29cm 11½"	10cm 4"
x large	81137	31cm 12"	12cm 4½"



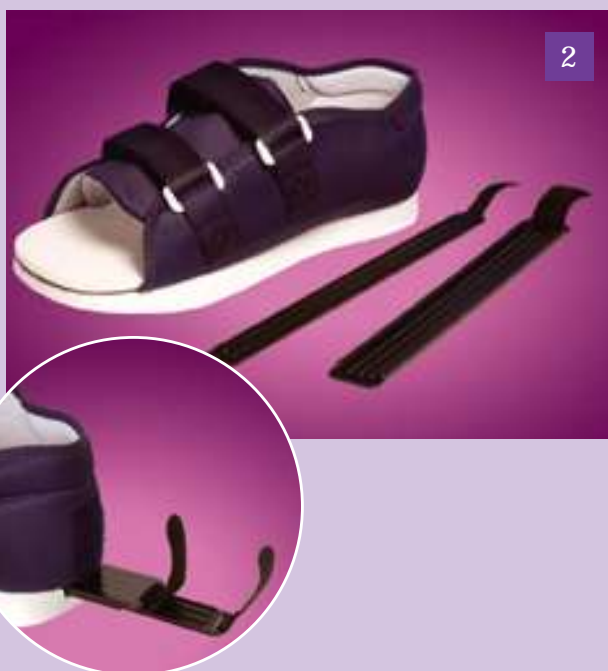


## 1 Supershoe

Code 442

- A padded nylon upper with return loop buckles accommodates the oedematous or bandaged foot comfortably, and the removable tongue can be positioned anywhere on the inner liner for comfort
- A moulded heel counter provides a smooth stable contour around the heel
- The semi-rigid non-slip sole is strong and will not flex when walking; useful when toes need to be immobilised eg. after Keller's surgery
- A pressure sensitive longitudinal arch support is included for comfort

size	code	sole length	sole width
x small	442/XS	22cm 8½"	7cm 3"
Woman small	442/WS	24cm 9½"	8cm 3¼"
Woman med	442/WM	25cm 10"	9cm 3½"
Woman large	442/WL	27cm 10½"	9cm 3½"
Man small	442/MS	28cm 11"	10cm 4"
Man med	442/MM	29cm 11½"	10cm 4"
Man large	442/ML	30cm 12"	10cm 4"
x large	442/XL	32cm 12½"	11cm 4½"



## 2 Rigiflex Post Op Shoe

Code 446

- The design of this unique post op shoe is based upon the 442 Supershoe but with a very innovative system which allows the shoe to have a flexible, semi rigid or rigid sole
- The removable shanks are held firmly in place using a low profile Velcro™ hook and loop closure
- Rigid Sole – Both Inserts used
- Semi-Rigid – One insert used
- Flexible Sole - All inserts removed

size	code	sole length	sole width
x small	446/XS	22cm 8½"	7cm 3"
Woman small	446/WS	24cm 9½"	8cm 3¼"
Woman med	446/WM	25cm 10"	9cm 3½"
Woman large	446/WL	27cm 10½"	9cm 3½"
Man small	446/MS	28cm 11"	10cm 4"
Man med	446/MM	29cm 11½"	10cm 4"
Man large	446/ML	30cm 12"	10cm 4"
x large	446/XL	32cm 12½"	11cm 4½"



## 3 Orthostep Boots

(LATEX)

Code OSB

- Made in towelling-lined ventilated black Neoprene, the Orthostep boot is washable and can be worn by the incontinent patient
- Neoprene will stretch to accommodate the oedematous or bandaged foot and the tongue is designed to open down to the toe for easy application
- The flat-stitched internal seams are smooth against the skin to avoid pressure sores

shoe size	code	sole length	sole width
3	OSB/3BLK	24cm 9½"	9cm 3½"
4	OSB/4BLK	25cm 9¾"	9cm 3½"
5	OSB/5BLK	25.5cm 10"	9cm 3½"
6	OSB/6BLK	27cm 10½"	9cm 3½"
7	OSB/7BLK	28cm 11"	9cm 3½"
8	OSB/8BLK	28.5cm 11½"	10cm 4"
9	OSB/9BLK	29cm 11½"	10cm 4"
10	OSB/10BLK	30.5cm 12"	10cm 4"
11	OSB/11BLK	31cm 12½"	11cm 4½"
12	OSB/12BLK	32cm 12½"	12cm 4½"

\*No Latex in OSB. Latex in removable insole.

## Epoda Footcare Range

The Epoda range of heel and foot insoles is manufactured from silicone and designed to alleviate pressure at vulnerable areas of the foot. The heel pads and heel cups have a dual density pad for extra pressure absorption. Blue coloured areas offer additional softness providing extra comfort, which is ideal for the alleviation of problems caused by heel strike.

The anatomically shaped inserts reduce impact on joints and the vertebral column, lessening the strain on ligaments, muscles and the Achilles tendon. The Epoda range can be used in most sports or normal shoes, it is durable and easy to clean, and is cost effective as the insoles can easily be transferred between different shoes. The range can also be cut to size giving a 'tailored' fit to most items of footwear. All the products come in pairs.

### 1 Epoda Dual Heel Pads

Code EPB

- Dual density wedge shaped design with integral extra soft blue area

	size (uk)	size (eu)	thickness	
			5mm	10mm
small	4 - 5	37 - 38	EPB/53	EPB/103
medium	6 - 7	39 - 40	EPB/55	EPB/105
large	8 - 9	41 - 42	EPB/57	EPB/107
x large	10 - 11	43 - 44	EPB/58	EPB/108

### 2 Epoda Dual Heel Cups

Code EPCB

- Dual density design with heel cradle for extra comfort and to aid foot positioning

	size (uk)	size (eu)	code
small	4 - 5	37 - 38	EPCB/03
medium	6 - 7	39 - 40	EPCB/05
large	8 - 9	41 - 42	EPCB/07
x large	10 - 11	43 - 44	EPCB/08

### 3 Epoda Full Insole 8mm

Code EPF

- To alleviate and cushion vulnerable, painful areas of foot. Promotes an anatomically correct weight bearing posture

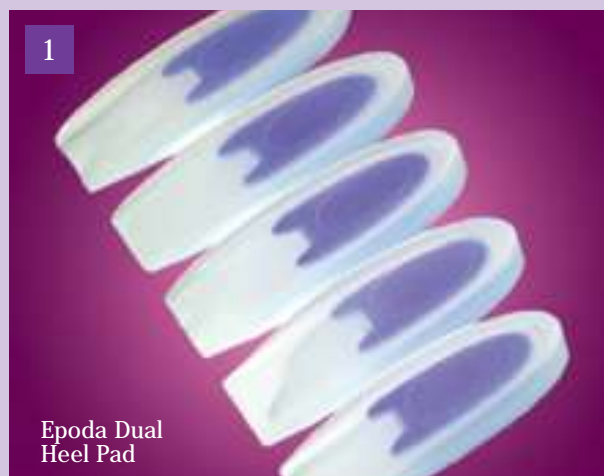
	size (uk)	size (eu)	code
small	4 - 5	37 - 38	EPF/03
medium	6 - 7	39 - 40	EPF/05
large	8 - 9	41 - 42	EPF/07
x large	10 - 11	43 - 44	EPF/08

### 4 Epoda Toe Separators

Code EPTS

- To protect and align the toes

	length	width	depth	code
small-med	38mm	25mm	20mm	EPTS/04
large-x large	45mm	30mm	20mm	EPTS/06



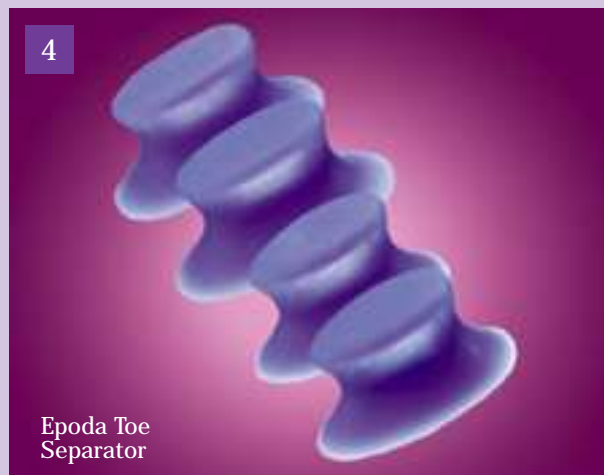
1  
Epoda Dual Heel Pad



2  
Epoda Dual Heel cups



3  
Epoda Full Insole



4  
Epoda Toe Separator