

# podifer 20

FLEBOLOGISCHE EINLEGESOHLEN MIT QUERVERSTÄRKUNG -  
SEMELLE PHLÉBLOGIQUE AVEC BARRE DE RENFORT -  
ФЛЕБОЛОГИЧЕСКИЙ СУПИНАТОР -  
WKŁADKA FLEBOLOGICZNA Z PODPARCIEM POPRZECZNYM -  
FLEBOŁOŚCI UŁOŚCI S TRANSVERZALNIM POJACANJEM -  
PLANTARE FLEBOLOGICO CON BARRA

Obere Schicht aus Gewebe mit eingewobenen Silberfasern mit natürlicher antibakterieller und geruchshemmender Wirkung.

Couche supérieure textile entretissée de fils d'argent à effet naturelle antibactérien et anti-odorant.

Верхний слой из ткани с утком из серебряного волокна обладает антибактериальным и противозапаховым естественным эффектом.

Wierzchnia warstwa z naturalnej tkaniny ze srebrnego włókna o działaniu antybakteryjnym i antyzapachowym.

Gornji sloj tkanine načinjen od tkanih srebrnih niti koja imaju prirodna antibakterijska svojstva, a ujedno i sprečavaju neugodne mirise.

Strato superiore in tessuto tramato in fibra d'argento ad effetto anti-batterico ed anti-odore naturale.



Untere Schicht aus PU, als Schutz-schicht für die darüber liegenden Schichten gegen Abnutzung und Verformung. Zusätzlich erleichtert sie das Einführen der Einlage in das Schuhwerk.

Couche inférieure en PU, couche de protection des couches supérieures contre l'usure et la déformation. Facilite par ailleurs l'introduction de la semelle dans la chaussure.

Нижний слой из полиуретана с функцией защиты вышележащих слоев от износа и деформации. Легкость установки супинатора в обуви.

Dolna warstwa wykonana z PU i działa jako warstwa ochronna dla warstw wierzchnich, zapewniając ochronę przed zużyciem i odkształceniami. Ułatwia również ułożenie wkładki w obuwiu.

Donji sloj je načinjen od PU i djeluje kao zaštitni sloj za gornje slojeve, pruža zaštitu ulošku od habanja i deformiranja. Također, olakšava i pozicioniranje uloška u obući.

Strato inferiore in PU, con funzione di protezione degli strati soprastanti, da abrasione e deformazione. Facilita l'introduzione del plantare nella calzatura.

Mittlere viskoelastische Schicht mit Form-Memory Effekt, in optimierter Stärke, begünstigt den Venenrückfluss dank seines Pumpeffektes.

Couche intermédiaire viscoélastique à effet mémoire de forme, épaisseur optimisée, favorise le flux artériel grâce à son effet de pompage.

Вязкоупругий промежуточный слой с эффектом памяти формы, с оптимизированной толщиной. Способствует венозному оттоку благодаря помповому эффекту.

Warstwa środkowa wykonana z lepko-sprężystą w pamięci kształtu, o zoptymalizowanej grubości. Wspomaga powrót żylny dzięki efektowi pompy.

Srednji visko-elastičan sloj ima memorijski učinak, optimalne je debljine i pomaže venskom povratu zahvaljujući efektu pumpe.

Strato intermedio visco-elastico a memoria di forma, in spessore ottimizzato. Favorisce il ritorno venoso grazie all'effetto pompa.

Unterschale aus festem PU für die Stabilisierung und die Stützung des Fußes in Pro- und Supination. Durch die Querverstärkung werden die Mittelfußknochen gestützt und der Kontakt mit dem Boden abgedämpft, zudem verstärkt sie die Pumpfunktion der Einlage, verbessert so den venösen Rückfluss und stimuliert zugleich die Reflexzonen für Herz und Lunge.

Coque de base en PU rigide pour la stabilisation et le soutien du pied en pronation et supination. Un renfort transversal soutient les os du milieu du pied et amortit le contact avec le sol, il renforce en outre l'effet de pompage de la semelle, améliorant ainsi le reflux artériel et stimulant en même temps les zones de réflexes du coeur et des poumons.

Корпус из жесткого полиуретана для стабилизации и поддержки стопы при пронации и супинации. Наличие поперечной перекладки поддерживает плюсону и амортизирует ее при контакте с землей; кроме того, она интенсифицирует помповую функцию супинатора, улучшая венозный отток и стимулирует рефлексы сердца и легких.

Dolna powłoka wykonana ze sztywnego PU dla stabilizacji i podparcia stopy podczas pronacji i supinacji. Obecność poprzecznego wzmocnienia wspiera śródstopie i amortyzuje kontakt z podłożem; intensyfikuje również funkcję pompy, poprawiając powrót żylny oraz stymuluje strefy refleksyjne serca i płuc.

Donja šalica je načinjena od tvrdog PU za stabilizaciju stopala i potporu stopalu u pronaciji i supinaciji. Transverzalno pojačanje pruža potporu metatarzalnom dijelu i ublažava kontakt stopala s podlogom, te ojačava funkciju pumpe koja poboljšava venski povrat i istovremeno stimulira refleksne zone za srce i pluća.

Il sostegno in PU rigido per la stabilizzazione ed il scocca del piede in prono-supinazione. La presenza di una barra trasversale sostiene i metatarsi e ne ammortizza il contatto col terreno; inoltre intensifica la funzione pompa del plantare migliorando il ritorno venoso e stimolando la riflessologia di cuore e polmoni.

These orthopaedic insoles for normal active aid circulation. The special memory foam is very effective and reenergises the capillaries while walking, helping to pump blood back up the legs. The special fabric covering woven with silver thread is antibacterial with odour control.

INDICATIONS: Vasciopathy · Flatfoot or high arched foot · Metatarsalgia

## ENG. PUTTING ON THE APPLIANCE

1. Remove the original insole from the patient's shoe.

2. Place the insole in the shoe, check that it is correctly positioned, and ask the patient to try it on.

3. Alterations may be made to the insole to suit individual requirements (it is advisable for the patient to wear the insole for a few hours before making any alterations). The arch can be shaped with scissors (use the insole that was previously in the patient's shoe for reference). The arch detailing supporting the longitudinal arch can be filed down a little at a time, as can the outer edge of the rear part of the insole.

4. We recommend removing the insole from the shoe after wear so that it can air.

## SUBSEQUENT WEAR

1. Place the insole in the shoe and check that it is correctly positioned.

2. We recommend removing the insole from the shoe after wear so that it can dry.

## CONTRAINDICATIONS

Currently no known

## CHARACTERISTICS AND MATERIALS

• Top layer of fabric made with woven silver threads with natural anti-bacterial and odour-inhibiting effect.

• The middle visco-elastic layer with form memory effect, in an optimised thickness, aids venous return thanks to the pump effect.

• The bottom layer is made of PU and acts as a protective layer for the layers above, providing protection against wear and deformation. It also makes it easier to position the insole in footwear.

• Lower shell made of rigid PU for the stabilisation and support of the foot in pronation and supination. The presence of the transverse reinforcement supports the metatarsals and cushions the contact with the floor, in addition it strengthens the pump function of the insole, improving the venous return and, at the same time, stabilising the reflex zones for heart and lungs.

## DECLARATION OF CONFORMITY

As the manufacturer, ORTHOSERVICE AG declares, under its sole responsibility, that this is a class I medical device that has been manufactured and assessed, according to the EU Regulation 2017/745 (MDR).

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are intended to ensure an adequate and safe use of the medical device.

## MAINTENANCE

Wash by hand up to 30°C with neutral soap, let it dry away from heat sources. Do not dispose of the product or any of its components into the environment.

## SAFETY PRECAUTIONS

We recommend that the pressure exerted by the device does not act on parts of the body with wounds, swelling, or warts. It is advisable to not over tighten the device so as to avoid generating areas of excessive local pressure or the compression of underlying nerves and/or blood vessels. If in doubt on how to apply the device, contact a doctor, physiotherapist, or an orthopaedic technician.

Read the product composition on the internal label carefully. We recommend to not wear the device in the proximity of free flames. Do not apply in direct contact with open wounds.

## WARNINGS

It is advisable that the device, designed for the specific indications as set out below, be prescribed by a doctor or a physiotherapist and applied by an orthopaedic technician, according to the specific needs of the patient. To ensure effectiveness, tolerability, and proper functioning, the application must be carried out with the utmost care. Never after the adjustment made by the doctor/physiotherapist/ or orthopaedic technician. The responsibilities of the manufacturer shall lapse in case of inappropriate use or adaptation. The orthosis is made and to be used by only one patient. Should the orthosis be inappropriately used, the manufacturer declines all responsibility, as provided by the regulation for medical devices. In hypersensitive individuals, direct contact with the skin may cause redness and irritation. In case of pain, swelling, warts, or any other adverse reaction, contact your doctor immediately, and in case of a particularly severe adverse event, report the incident to the manufacturer and the competent authority of your country. The effectiveness of the orthopaedic product is only guaranteed when all the components are properly in use.

