

## Trio



### Features and Benefits

- The Trio insole is available in ¾ and full length and is designed to resist excessive valgus rotation
- Inverts the calcaneus within the heel cup thereby maintaining mid tarsal joint
- Supports the proximal medial arch of the foot by providing navicular stability
- Each pair is supplied with additional 3° medial biplanar rearfoot posts and 3° lateral forefoot posts

### Indications for Use

- Plantar fasciitis
- Heel pain
- Calf strain
- Anterior medial knee pain
- Hip instability

**Note:** Paediatric sizing also available. See **Page 248**.

### Ordering Information

¾ Length				
Size	Shoe Size (UK)	Product Code		
		Medium	Firm	Extra Firm
X-Small	3 - 4.5	TSLM-XS	TSLF-XS	TSLE-XS
Small	5 - 6.5	TSLM-S	TSLF-S	TSLE-S
Medium	7 - 8.5	TSLM-M	TSLF-M	TSLE-M
Large	9 - 10.5	TSLM-L	TSLF-L	TSLE-L
X-Large	11 - 12.5	TSLM-XL	TSLF-XL	TSLE-XL
XX-Large	13 - 14.5	TSLM-XXL	TSLF-XXL	TSLE-XXL

Full Length				
Size	Shoe Size (UK)	Product Code		
		Medium	Firm	Extra Firm
X-Small	3 - 4.5	TFLM-XS	TFLF-XS	TFLE-XS
Small	5 - 6.5	TFLM-S	TFLF-S	TFLE-S
Medium	7 - 8.5	TFLM-M	TFLF-M	TFLE-M
Large	9 - 10.5	TFLM-L	TFLF-L	TFLE-L
X-Large	11 - 12.5	TFLM-XL	TFLF-XL	TFLE-XL
XX-Large	13 - 14.5	TFLM-XXL	TFLF-XXL	TFLE-XXL

## Equiflex



### Features and Benefits

- By elevating the heel the Equiflex will restore ankle joint extension reducing the demand for compensation
- Lateral forefoot is supported at the level of the metatarsal heads to facilitate this and accommodate any additional postings that may be required
- Supplied with 0°, 3° and 5° rear posts and 6mm elevators

### Indications for Use

- High arches
- Excessive pronation
- Forefoot pain
- Heel valgus



### Ordering Information

Size	Shoe Size (UK)	Product Code	
		Medium	Firm
X-Small	3.5 - 4.5	EQM-XS	EQF-XS
Small	5 - 6	EQM-S	EQF-S
Medium	6.5 - 7.5	EQM-M	EQF-M
Large	8 - 9	EQM-L	EQF-L
X-Large	9.5 - 10.5	EQM-XL	EQF-XL
XX-Large	11 - 12	EQM-XXL	EQF-XXL