

Tred-lite Ezi-Rize Heel Raise



Features and Benefits

- Adjustable heel raise insoles manufactured in multiple layers of EVA (5x3mm) with simple peel away layers to achieve the required raise height
- Depth ranges from 3mm to 15mm in 3mm increments

Indications for Use

- Back pain
- Posture related symptoms
- Arch pain
- Leg length discrepancy
- Achilles tendonitis

Ordering Information

Size	Heel Width (cm)	Product Code
Men's	7	EZI-RIZE/MALE
Women's	5.5	EZI-RIZE/FEMALE

Trio Heel Pain



Features and Benefits

- The Trio Heel Pain orthosis is contoured to support the navicular bone of the arch, directly reducing the cause of plantar fascia strain
- Higher loading forces under the heel can also lead to inflammation of the skin and supporting structures of the foot
- Features a large cushioning protection for the softer structure under the heel bones

Indications for Use

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

Ordering Information

Size	Shoe Size (UK)	Density	Product Code
Small	5 - 6.5	Medium	THP-S
Medium	7 - 8.5	Medium	THP-M
Large	9 - 10.5	Medium	THP-L

Trio Easy Fit



Features and Benefits

- The Trio Easy Fit is intrinsically a $\frac{3}{4}$ length medially posted orthotic with an additional posting option for triplanar control of pronation featuring a lateral cutaway design
- This model maintains the essential features for pronation control, including an optional biplanar rearfoot post
- A medial forefoot post can be used to replace the first metatarsal cushion if required

Indications for Use

- Excessive pronation
- Forefoot pain
- Knee pain
- Heel valgus

Note: Paediatric sizing also available. See **Page 247**.

Ordering Information

Size	Shoe Size (UK)	Product Code
X-Small	3 - 4.5	TEF-XS
Small	5 - 6.5	TEF-S
Medium	7 - 8.5	TEF-M
Large	9 - 10.5	TEF-L
X-Large	11 - 12.5	TEF-XL

Trio Slimfit



Features and Benefits

- The recessed medial heel post within the Trio Slimfit design offers control over pronation without risking irritation of the skin within the tighter fitting fashion shoe
- The forefoot contouring provides a stabilising effect upon the forefoot joints and reduces cramping pain

Indications for Use

- Excessive pronation
- Forefoot pain
- Knee pain
- Heel valgus

Ordering Information

Size	Shoe Size (UK)	Product Code
X-Small	3 - 4.5	TSF-XS
Small	5 - 6.5	TSF-S
Medium	7 - 8.5	TSF-M
Large	9 - 10.5	TSF-L

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