

## Silicone Heel Cups



### Features and Benefits

- Silicone Heel Cups absorb and dissipate shock forces that may cause pain or discomfort
- Designed for relief of heel pain and light rearfoot trauma, for use during sporting activities or simply to improve comfort
- Manufactured from medical grade silicone, each insole incorporates calcaneal support

### Indications for Use

- Heel pain
- Calcaneal spur
- Plantar fasciitis
- Metatarsalgia
- Achilles tendonitis

Size	UK Shoe Size	Product Code
Small	11 - 1.5 (29 - 33)	YT-S04S
Medium	2 - 4.5 (34 - 37)	YT-S04M
Large	5 - 9.5 (38 - 43)	YT-S04L
X-Large	10 - 12 (44 - 46)	YT-S04XL

## 3/4 Length Silicone Insoles



### Features and Benefits

- Silicone insoles absorb and dissipate shock forces that may cause pain or discomfort
- Designed for relief of heel pain and light rearfoot trauma, for use during sporting activities or simply to improve comfort
- Manufactured from medical grade silicone, each insole incorporates calcaneal support

### Indications for Use

- Heel pain
- Calcaneal spur
- Plantar fasciitis
- Metatarsalgia

Size	UK Shoe Size (EU Size)	Product Code
Small	1 - 4 (33 - 37)	YT-S02S
Medium	4.5 - 8.5 (38 - 42)	YT-S02M
Large	9 - 14 (43 - 48)	YT-S02L

## Full Length Silicone Insoles with Metatarsal Support



### Features and Benefits

- Silicone insoles absorb and dissipate shock forces that may cause pain or discomfort
- Designed for relief of heel pain and light rearfoot trauma, for use during sporting activities or simply to improve comfort
- Manufactured from medical grade silicone, each insole incorporates calcaneal support
- The full length insole also features metatarsal support

### Indications for Use

- Heel pain
- Calcaneal spur
- Plantar fasciitis
- Metatarsalgia

Size	UK Shoe Size (EU Size)	Product Code
Small	4 - 5 (37 - 38)	YT-S01S
Medium	6 - 6.5 (39 - 40)	YT-S01M
Large	7 - 7.5 (41 - 42)	YT-S01L
X-Large	8.5 - 9.5 (43 - 44)	YT-S01XL