



The mould is taken to process the insole

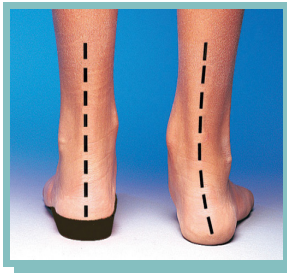
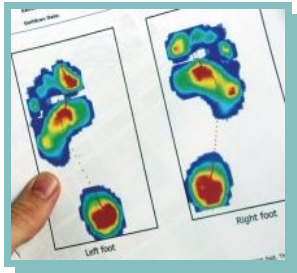


All insoles are made after consultation with a fully qualified podiatrist and an orthotic technician in attendance



Ever thought your problem is your feet and not your shoes?

Orthotic insoles can solve your problem!



The foot scan shows the foot function, posture, pressure points and other information.



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MALTI

X'funzjoni għandhom is-suletti?

Il-funzjoni tas-suletti hi li jzommu l-għadam tas-sieq f'pożizzjoni korretta biex b'hekk is-sieq tkun tista' tiffunzjona tajjeb. B'hekk permezz tas-suletti jista' jigi evitat li jiżviluppaw problemi f'partijiet oħra tal-ġisem.

Min għandu bżonn is-suletti?

Is-suletti huma ta' għajnuna siewja għal min ibati b'Achilles tendomtis, shin sp./mrs. kallijiet, sieq Catta, uġiġh fl-għaksa, uġiġh fil-parti ta' taht tas-Sieq, uġiġh fis-swaba' kif ukoll minn nērvituri maqrusa bejn is-swaba' u minn diversi problemi oħra simili. Jezistu suletti speċjali għal attivitajiet sportivi differenti bħall-futbol, il-ġiri, it-tennis, ir-rugby, il-basketball u oħrajn.

Hemm ukoll suletti għal min ibati b'kundizzjonijiet mediċi bħad-dijabete u l-artrite.



Għaliex huma ta' benefiċċju dawn is-suletti?

Is-suletti jtejbu l-funzjonament tas-sieq f'każijiet ta' sieq catta jew għolja, u meta jkun hemm problemi fl-għarqub, fl-irkuptejn u fid-dahar. Dawn jgħinu wkoll biex il-pessjoni u l-piż fuq il-postijiet fejn ikun hemm problemi fis-sieq jinfirxu u jtnaqqsu. B'hekk, il-benefiċċji ewlenin ta' dawn is-suletti huma s-suppurt u l-kumdità li jipprovdu lis-sieq.

X'tip ta' suletti speċjalizzati l-aħjar li tagħzel?

Għandek dejjem tagħzel suletti komdi u li jipprovdu support xieraq. L-għażla għandha ssir skond il-problema tas-sieq, skond il-piż tal-individwu, skond l-għamla taż-żraben li jintlibsu u skond l-attivitajiet li jhobb jagħmel dak li jkun.

Kif huma magħmulin dawn is-suletti?

Wara li ssir eżaminazzjoni, u, jekk hemm bżonn, wara li ssir foot scan minn podologista kwalifikata, tittiehed il-forma tas-sieq u jintgħazel il-materjal u t-tip ta' suletti li l-aktar jaqblu mal-bżonnijiet tal-individwu. Is-suletti jinħadmu skond id-daqs u l-forma tas-sieq, biex jigi żgurat li jidhlu sewwa fiż-żraben.

Is-suletti jistgħu jtnaddfu?

Iva, permezz ta' biċċa ċarruta mxarra bi ftit ilma fietel u sapun.



ENGLISH

What exactly is an orthotic insole?

An orthotic insole is designed to restore your natural foot function by re-aligning the foot and ankle bones to their neutral position, thus helping to alleviate problems in other parts of the body.

Who needs orthotic insoles?

Orthotic insoles can help with Achilles tendonitis, corns, metatarsalgia, ankle sprains, flat feet, arch pain, bunions, knee pain, shin pain and toes pain. Insoles prevent injury and deformity and allow healing to take place.

There are special orthotic insoles for different sports such as tennis, football, basketball and rugby, as well as for other sports. One can also purchase specially designed insoles for conditions such as diabetes and rheumatism.



What benefits can orthotic insoles bring to your feet?

Improved foot function (for example in the case of flat feet, high arches and heel, knee and back pain).

Even distribution of weight, which alleviates pressure on sore spots such as corns and bunions.

Adequate cushioning and shock absorption (which is of utmost importance to our feet, especially in old age)

Which type of custom made orthotic is most recommended?

Support and comfort are the main factors which need to be taken into consideration. The choice of an orthotic insole should mainly be based on the problem affecting the foot, on joint motion, on weight, on presence of symptoms, on the types of shoes usually worn as well as on the type of activity one enjoys doing.



How are custom orthotics made?

After the podiatrist's clinical examination and a foot scan (when required), a foot impression is taken. The materials and their density will be chosen accordingly and moulded at the desired position. Each orthotic is shaped and finished to fit perfectly in to the client's preferred shoes.

Can an orthotic be adjusted?

Yes, the orthotic insole can be easily adjusted to alter correction and/or improve shoe fit.

Can I clean the insole?

Yes, by using a damp cloth and soap.