



HEAT MOLDABLE ORTHOTICS

TRI-LAYER DENSITY, EVA BASE

TOTAL CONTACT DIABETIC INSERTS

Model No: R65

Sizes: XSmall - XXL Large

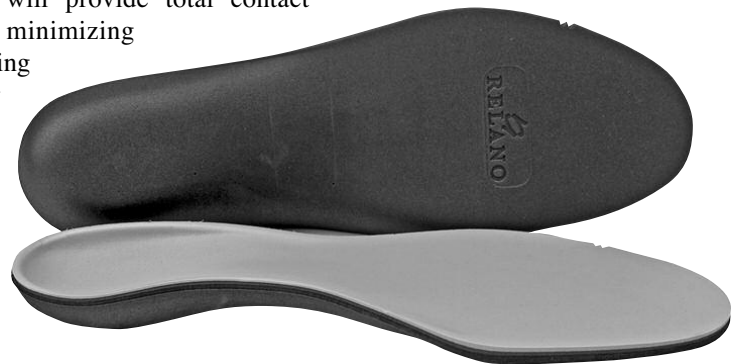
3 PAIRS PER PACK

TO DETERMINE SIZE:

Size	Women's Shoes	Men's Shoes
XSmall	5 - 7	N/A
Small	8 - 9	6 - 7
Medium	10 - 11	8 - 9
Large	N/A	10 - 11
X Large	N/A	12 - 13
XX Large	N/A	14+

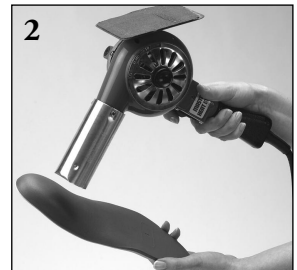
Insoles feature a formable 1/8" ProCell™ top cover layer for total contact comfort and support. The extra middle 1/6" Poron® layer provides even greater shock absorption, comfort and support than bi-layer inserts. The firm 3/16" EVA base is lightweight, durable and heat formable. Base provides stability and support and sits naturally in the shoe. When formed correctly, these insoles will provide total contact support to the foot, minimizing pressure points, comforting and protecting diabetic or sensitive feet.

(Heat with an external heat source (i.e. heat gun or oven).)



INSTRUCTIONS FOR DIRECT MOLDING

1. Select the insole appropriate for the size and shape of the foot (see sizing chart). After molding, insole can be trimmed to fit.
2. Heat the insole to a minimum of 230°F either with a heat gun or in an oven. Heat/mold one insole at a time. If using heat gun, heat the insole on the top and bottom until it is soft and flexible. If using an oven, set to 250°F and place in oven until soft, approximately 2-3 minutes. CAUTION: Do not overheat insoles. Ensure insole is not too hot to the touch before starting the molding process.
3. With the patient seated or standing, position the heated insole on a foam block under the patient's foot for molding. Patient should be wearing a thin sock to protect the foot. Have the patient apply pressure or stand on insole.
4. Mold the insole up to the arch while it is still warm. Remove and let cool.
5. After insole is fully cooled, place under the patient's foot to check for total contact. There should be no gaps between the foot and the insole. If necessary, re-heat and make adjustments to ensure proper fit.
6. Remove the existing insoles from the patient's shoes and replace with the molded insole. Trim and grind the molded insole, if necessary, to fit in the patient's shoe.
7. Follow same process for other insoles. It is recommended to mold three pairs of insoles for each patient and rotate them to extend use.



Wear shoes, socks and insoles as prescribed by your medical professional. Shoes should be worn at all times, even indoors, to keep feet protected. Rotate insoles on a regular basis (every 3-4 months) to ensure proper pressure relief. For proper care, therapeutic shoes and new insoles should be replaced annually or before. Visit your medical equipment supplier to get re-fitted.

Caution: Relano™ insoles are only one element in the overall diabetes management program. If any problems occur (discomfort, swelling, blisters, etc.) return immediately to your supplier to have the fitting personnel check for proper fit. If you notice a wound on the foot that does not begin to heal within one day, contact your medical professional immediately.

800-327-4110



Website: www.flaorthopedics.com

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