

Performance Orthotics

The D3D orthotic principle is tailored to the dynamic pressure measurement calculations from footscan® technologies, and is therefore specified by the dynamic functioning of the foot. This has been a revolution in orthotic prescription.

Performance orthotics are designed to withstand increased and prolonged repetitive forces and are available in:

- Full Length providing optimum support and comfort, particularly for every day use and forefoot runners
- ~~¾ length to allow greater accommodation into footwear such as football/rugby boots or dress shoes.~~

The D3D functional design includes:

1. A deep heel cup to stabilise movements at the heel and ankle
2. A unique lift to stabilise the end of heel stance and reduce the degree of pronatory moment as the foot enters mid-stance.
3. Ergonomically designed arch support specific to the moving foot, lifting and supporting both the entire arch profile.
4. Increased mid-foot support along the length of the inside and outside of the foot.
5. A “met” dome” to improve the integrity of the transverse metatarsal arch in the forefoot, reducing peak pressures and friction under the ball of the foot.

Two distinct types of Performance orthotic exist;

- a) Blue Performance (for sports applications) Medium density EVA, this orthotic weighs 50grams.
- b) Red Performance (for people with a higher body mass or higher impact sports) Medium / High density EVA , this orthotic weighs 60grams

Both types come in sizes 02-14 and three different arch heights;

1. F (low to normal arch height)
2. FN (normal arch height with added arch support) and,
3. N (for high arch) to accommodate a variety of foot types.

Due to the unique top cover design no two insoles are the same and can be held in stock for immediate dispensing

Instructions

As your Performance insole is mechanically altering the way you walk or run, the soft tissues of the feet, shins and sometimes the back may complain as they become more correctly aligned.

When you first start to wear your new Performance insole start by using them for 1 hour the first day, 2 hours the second day etc until you can tolerate them for a full working day.

If you have purchased your Performance insole for running, go through the process outlined above when walking before you use your insole in your sports shoes, just as you would when braking in a new pair of trainers.

Don't try and break in new shoes at the same time as your new Performance insoles, however badly broken down shoes will make your Performance insole less effective.

Remember to remove any arch support or insole from your shoes as this will help your Performance insole fit more effectively.

To keep your Performance insole clean and acting effectively for longer, wash the lightly with warm soapy water, DO NOT SOAK YOUR PERFORMANCE INSOLE.

Benefits of Performance insole

The foot is a fantastic auto-support mechanism for your body. When you over pronate or have low arches, the system fails. This failure leads to a misalignment of your body resulting in pain in almost any part of you.

Performance insoles from RSscan move your foot back to its natural position improving posture relieving many chronic complaints keeping your feet comfortable every step of the day.

Orthotics have been scientifically proven to reduce the risk of and rehabilitate injuries such as; heel pain, Achilles tendonitis, shin splints, calf strain, knee damage and postural back pain. Performance orthotics can help relieve foot, heel, ankle, knee, hip and back pain and reduce fatigue by realigning the body.

What happens to the foot

As your arch flattens from excessive pronation your heel position changes, putting increased pressure on the inside of your heel. As a result;

1. Flat or excessively pronated feet are left unstable with no secure platform for propulsion and no shock absorption.
2. Flat feet also causes the big toe not to bend properly resulting in pain both at the big toe joint and plantar fascia leading to painful heels, arches and hammer toe deformities.
3. Flat feet also twist the lower leg inward altering the kneecap position and damaging the leg muscles and knee cartilage, causing pain on the inner edge or front of the knee.

Why is performance insole so good

While most shoe inserts are designed around a theoretical natural position the performance orthotic is a replacement insole uniquely designed, using Olympic athletes, to support the dynamic running and walking foot.

Your performance orthotic is contoured to cradle the heel, while its ergonomically designed arch provides superior support and comfort allowing your foot to absorb the shock of walking and running by restoring the natural balance of your foot function.

Recommended for every day and sports shoe, including outdoor footwear

History

Estimated that 80% of people would benefit from an insole as evolution has left our feet poorly designed to cope with concrete foot paths. This design floor leads the foot to flatten and pronate more than normal.

Performance options

BLUE one lighter insole providing high level shock absorption, specifically designed to fit any job, from normal walking to high level athletics. Suitable for people of up to 79kg or needing superior cushioning.

RED one specifically produced for high impact sports such as basketball and for people over 80kg, maintaining your foot structure under greater pressure.

Performance sizing

F = if your arch is low and your foot looks flat when walking or running

FN = if your arch looks normal when standing but flattens too much when you walk or run

N – if your arch looks high, this can lead to a relatively greater collapse and reduced shock absorption.