FOOTWave™

DYNAMIC INSOLES & CUSTOMIZABLE ORTHOTICS

Learn more:
footwave.com

FOOTWave™

DYNAMIC INSOLES

Introducing **FootWave**: the game-changing orthopedic insoles that bring power and excitement to your every step. Engineered with precision, **FootWave** insoles dynamically restore the natural anatomical shape of your plantar arches and ensure the perfect gait path. Experience unparalleled support and control with every stride, as these innovative insoles guide your feet through the entire gait cycle. Not only do they prevent common foot problems, but they also elevate the comfort of your daily life, making each step a joyful adventure. Step into a world where comfort meets dynamism with FootWave!

FEEL THE WAVE!

Step up to **FootWave** insoles, the revolutionary solution backed by over 35 years of expertise from top doctors and specialists. Proven in advanced biomechanics labs, these insoles effectively combat pain and lower extremity issues. **FootWave** insoles redefine comfort and support, transforming your stride with science and innovation. Embrace the future of foot health with FootWave!

No worries, you have a 60-day "I like it!" guarantee.
If you're not satisfied (unlikely), you can return it!

SIZE GUIDE

TABLE A

	EXTRA SMALL XS	SMALL S	MEDIUM M	LARGE L	EXTRA LARGE XL
EUR	35 - 38	39 - 41	42 - 43	44 - 45	46 - 48
US-M	3.5 - 6	6.5 - 8.5	9 - 10	10.5 - 11.5	12 - 14
US-F	4.5 - 7	7.5 - 9.5	10 - 11	11.5 - 12.5	13 - 15
UK	2.5 - 5	5.5 - 7.5	8 - 9	9.5 - 10.5	11 - 13

TABLE B

	3XSK	2XSK	XSK	SK	K	XS
EUR	24 - 25	26 - 27	28 - 29	30 - 31	32 - 34	35 - 38
US-M	7.5 - 8.5	9 - 10	10.5 - 11.5	12 - 13	1 - 3	3.5 - 6
US-F	7.5 - 8.5	9 - 10	10.5 - 11.5	12 - 13	2 - 4	4.5 - 7
UK	7 - 8	8.9 - 9.5	10 - 11	11.5 - 12.5	0 - 2	2.5 - 5

TABLE C

	SMALL S	MEDIUM M	LARGE L
EUR	35 - 38	39 - 42	43 - 46
US-M	6.5 - 8.5	9 - 10	10.5 - 11.5
US-F	7.5 - 9.5	10 - 11	11.5 - 12.5
UK	5.5 - 7.5	8 - 9	9.5 - 10.5

TABLE D

EUR	28 - 29	30 - 31	32 - 33	34 - 35	36 - 37	38 - 39	40 - 41	42 - 43	44 - 45	46 - 47
US-M	10.5 - 11.5	12 - 13	1 - 2	2.5 - 4	4.5 - 5.5	6 - 7	7.5 - 8.5	9 - 10	10.5 - 11.5	12 - 13
US-F	10.5 - 11.5	12 - 13	2 - 3	3.5 - 5	5.5 - 6.5	7 - 8	8.5 - 9.5	10 - 11	11.5 - 12.5	13 - 14
UK	10 - 11	11.5 -12.5	0 - 1	1.5 - 3	3.5 - 4.5	5 - 6	6.5 - 7.5	8 - 9	10 - 11	12 - 13

FootWave™ **1ST RAY**

INDICATIONS

Bunions / Hallux valgus / Plantar fasciitis

BENEFITS

- The big toe pain relief
- Hallux inflammation prevention
- Prophylaxis before and after surgery
- Movement comfort

SIZING

3.5 - 14 (US-M)
4.5 - 15 (US-W)
Table A at p. 2

MORE INFO

FootWave™ **PLANTAR FASCIITIS**

INDICATIONS

Plantar fasciitis / Heel pain / Heel spur

BENEFITS

- Plantar fascia regeneration support
- Heel pain relief
- Achilles tendonitis relief
- Heel and forefoot cuschioning

SIZING

3.5 - 14 (US-M)
4.5 - 15 (US-W)
Table A at p. 2

MORE INFO

FootWave™ **FLAT FEET**

INDICATIONS

Collapsed arches / Calluses / Metatarsalgia / Hammer toes

BENEFITS

- Raising fallen arches of the foot
- Ball of the foot pain relief
- Knee, hip and back pain relief
- Movement comfort

SIZING

3.5 - 14 (US-M)
4.5 - 15 (US-W)
Table A at p. 2

MORE INFO

FootWave™ **METATARSALGIA**

INDICATIONS

Metatarsalgia / Calluses / Hammer toes

BENEFITS

- Ball of the foot pain relief
- Raising fallen arches of the foot
- Knee, hip and back pain relief
- Movement comfort

SIZING

3.5 - 11.5 (US-M)
4.5 - 12.5 (US-W)
Table A at p. 2

MORE INFO

FootWave™ **SUPPORT**

INDICATIONS

Over-pronation / Joint pain / Fatigue

BENEFITS

- Heel cushioning
- Feet, knees and hips pain relief
- Lower limb realigment
- Movement comfort

SIZING

3.5 - 14 (US-M)
4.5 - 15 (US-W)
Table A at p. 2

MORE INFO

FootWave™ **SUPPORT ¾**

INDICATIONS

Over-pronation / Joint pain / Fatigue

BENEFITS

- Heel cushioning
- Feet, knees and hips pain relief
- Lower limb axis realigment
- Movement comfort

SIZING

3.5 - 14 (US-M)
4.5 - 15 (US-W)
Table A at p. 2

MORE INFO

FootWave™ **SLIM**

INDICATIONS

Narrow footwear / Bunions / Metatarsalgia

BENEFITS

- Comfort of walking in narrow footwear
- Treatment and prevention of metatarsalgia
- Heel cushioning and shock absorption
- Movement comfort

SIZING

4.5 - 10 (US-M)
5.5 - 11 (US-W)
Table D at p. 2

MORE INFO

FootWave™ **MATERNITY**

INDICATIONS

Pain and aching feet / Fatigue / Fallen arches

BENEFITS

- Feet, knees, hips and back pain relief
- Flat feet prevention
- Hallux risk reduction
- Offloading and cushioning

SIZING

3.5 - 10 (US-M)
4.5 - 11 (US-W)
Table A at p. 2

MORE INFO

FootWave™ **SPORT**

INDICATIONS

Physical activity / Running / Tissue Overload

BENEFITS

- The big toe pain relief
- Hallux inflammation prevention
- Prophylaxis before and after surgery
- Movement comfort

SIZING

3.5 - 14 (US-M)
4.5 - 15 (US-W)
Table A at p. 2

MORE INFO

FootWave™ **SOCCER**

INDICATIONS

Soccer / Football / Rugby / Field hockey

BENEFITS

- Designed for football shoes
- Improved performance and faster regeneration
- Maximum cushioning and shock-absorption
- Dynamic propulsion support - greater efficiency with every step

SIZING

12 - 13 (US-M)
12 - 14 (US-W)
Table D at p. 2

MORE INFO

FootWave™ **COURT SPORT**

INDICATIONS

Basketball / Voleyball / Court sports

BENEFITS

- Active angular overloads control
- Effective pronation and supination control
- Arch and plantar fascia support
- Efficent shock-absorption

SIZING

10.5 - 13 (US-M)
10.5 - 14 (US-W)
Table D at p. 2

MORE INFO

FootWave™ **SOFT**

INDICATIONS

Heel pain / Heel spur

BENEFITS

- Plantar fascia regeneration support
- Heel pain relief
- Efficent shock-absorption
- Movement comfort

SIZING

6.5 - 11.5 (US-M)
7.5 - 12.5 (US-W)
Table C at p. 2

MORE INFO

FootWave™ **KIDDO**

INDICATIONS

Overpronation

BENEFITS

- Heel cushioning
- Feet, knees and hips pain relief
- Lower limb axis realigment
- Movement comfort

SIZING

7.5 - 13 (US-M)
7.5 - 13 (US-W)
Table B at p. 2

MORE INFO

FootWave™ **KIDDO SUPPORT**

INDICATIONS

Over-pronation / Joint pain / Fatigue

BENEFITS

- Heel cushioning
- Feet, knees and hips pain relief
- Lower limb axis realigment
- Movement comfort

SIZING

10.5 - 6 (US-M)
10.5 - 7 (US-W)
Table B at p. 2

MORE INFO

FootWave™ **KIDDO SUPPORT MAX**

INDICATIONS

Narrow footwear / Bunions / Metatarsalgia

BENEFITS

- Comfort of walking in narrow footwear
- Treatment and prevention of metatarsalgia
- Heel cushioning and shock absorption
- Movement comfort

SIZING

10.5 - 6 (US-M)
10.5 - 7 (US-W)
Table B at p. 2

MORE INFO

There's a FootWave for everyone!

At FootWave, we have a saying, "There are no healthy feet, only undiagnosed feet." Our insoles not only address foot and associated pain, they also prevent future issues. That's why from kids to teens, adults to seniors, there's a FootWave for any lifestyle need, including specially designed Maternity, Active, and Medical insoles.

MORE INFO

FOOTWAVE.COM

PROFESSIONAL

Discover FootWave™ PROFESSIONAL: the ultimate orthopedic insoles tailored to your unique needs. These dynamic insoles offer precise biomechanical correction, effective pain relief, and natural restoration of your walking and running patterns. With thermoforming (heat-molding) and modular customization using wedges and pads, they provide perfect, adaptable support.

FootWave™ PROFESSIONAL insoles optimize therapies through adjustable corrections during follow-up visits, enhancing treatment effectiveness and preventing the progression of foot-related issues. Step into a future of comfort and professional care with **FootWave™ PROFESSIONAL** insoles!

ADVANCED CUSTOMIZATION SOLUTIONS

Heat-moldable for the perfect fit.

Comprehensive set of corrective add-ons. Sold separately.

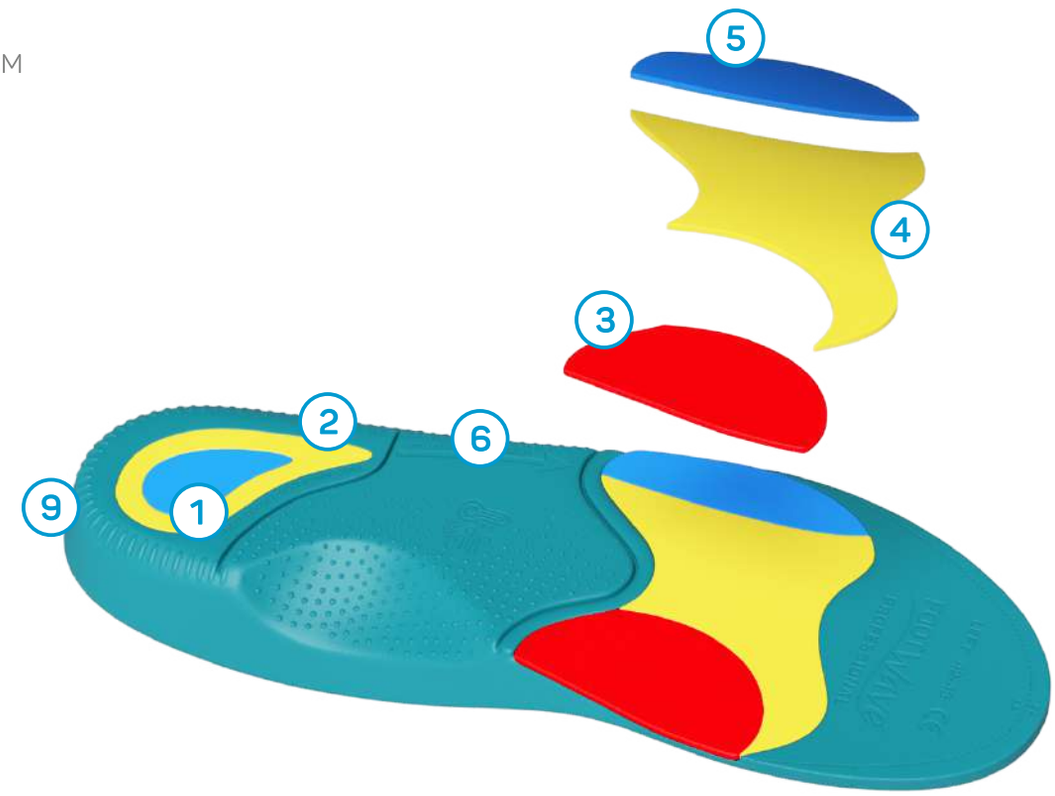
SOFT
MEDIUM
FIRM

Hardness and rebound selection.

FootWave™ PROFESSIONAL insoles are the result of 35 years of research by top podiatrists, biomechanists, orthopedists, and physiotherapists. Backed by a decade of FootMedical's expertise in training and distributing orthopedic insoles, and refined through feedback from over 600 practitioners worldwide, these insoles represent the pinnacle of customized foot care.

TOP

BOTTOM



INSERT ELEMENT

1 INNNER DIRECTIONAL HEEL PAD (ACF)	3 MTP-1 RELIEF PAD	5 MTP-5 RELIEF PAD	7 HEEL CUP (DEEP, PROFILED)	9 GROOVES
2 OUTER DIRECTIONAL HEEL PAD	4 MTP-234 RELIEF PAD	6 FLAT BOTTOM PLATFORM	8 ANATOMICAL ARCH PROFILE	10 TOP-COVER LINING

Choose the hardness of the insole based primarily on the patient's activity level—the more active they are, the harder the insole should be. Secondly, consider the patient's weight using the same principle—the heavier the patient, the harder the insole. The table below provides examples of how to select the appropriate hardness based on these two factors.

Weight: \ Activity:	Low	Moderate	High
Low (up to 110 lbs)	SOFT	SOFT	MEDIUM
Moderate (110-176 lbs)	SOFT	MEDIUM	FIRM
High (above 176 lbs)	MEDIUM	FIRM	FIRM

Firm

Medium

Soft

FootWave™ **PROFESSIONAL**

INDICATIONS

Configurable / Heat-moldable / Modular

BENEFITS

- Comfort of walking in narrow footwear
- Treatment and prevention of metatarsalgia
- Heel cushioning and shock absorption
- Movement comfort

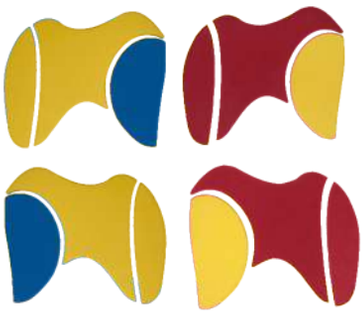
HARDNESS VARIANTS

- Firm
- Medium
- Soft

SIZING

10.5 - 13 (US-M)
10.5 - 14 (US-W)
Table D at p. 2

MORE INFO



FootWave™ **FOREFOOT RELIEF PADS**

DESCRIPTION

Pads made of innovative materials with varying hardness and relieving properties.
(e.g. in case of overload, calluses, pressure spots)

MORE INFO

APPLICATION

Each set consists of:

MTP-1 Relief Pad
Joint of the first ray

MTP-234 Relief Pad
Joint of the second, third, and fourth rays

MTP-5 Relief Pad
Joint of the fifth ray

FootWave™ **METATARSAL PADS**

AVAILABLE VARIANTS

SMALL SOFT	MEDIUM SOFT	LARGE SOFT
SMALL HARD	MEDIUM HARD	LARGE HARD

MORE INFO

DESCRIPTION

The pad allows for additional support of the foot arches, especially in the metatarsal area, by anatomically raising the metatarsal bones and supporting the plantar fascia.

APPLICATION

They will be used in the treatment of, among others, flat feet, metatarsalgia, neuromas, hammer toes, painful calluses and blisters in the metatarsal area.

FootWave™ **REARFOOT SUPINATION/PRONATION WEDGE**

AVAILABLE VARIANTS

A 2°	REAR-A-2	B 2°	REAR-B-2
A 4°	REAR-A-4	B 4°	REAR-B-4

MORE INFO

DESCRIPTION

These wedges allow for precise correction of rearfoot supination or pronation by controlling its rotation by a specific angular value.

APPLICATION

They are a fundamental tool in the therapy of excessive pronation or supination. They primarily function during the heel contact phase and stabilization (full-load).

FootWave™ **HEEL RAISER (heel lift)**

AVAILABLE VARIANTS

SMALL 4 mm | MEDIUM 4 mm | LARGE 4 mm
SMALL 6 mm | MEDIUM 6 mm | LARGE 6 mm

MORE INFO

DESCRIPTION

The heel pads elevate the entire rearfoot by 4 or 6 mm. Their wedge-shaped design (gradual decrease in height, instead of a cut-off heel) prevents overstraining of the plantar fascia.

APPLICATION

Used to relieve the rearfoot, Achilles tendon, gastrocnemius muscle, correct stabilization (COP), and others.

FootWave™ **MIDFOOT/FOREFOOT SUPINATION/PRONATION WEDGE**

AVAILABLE VARIANTS

4°
6°

MORE INFO

DESCRIPTION

A wedge that allows for advanced angular correction of foot supination and pronation during the stabilization phase (ful-load) and propulsion by rotating the midfoot or forefoot within a selected range and by a specific angular value.

APPLICATION

They assist in the precise modification of foot movement during selected phases of the gait cycle.

FootWave™ **ACF FOREFOOT PADS**

AVAILABLE VARIANTS

10.5 - 13 (US-M)
10.5 - 14 (US-W)

MORE INFO

DESCRIPTION

A set of blue relief pads made from ACF material, which provides outstanding cushioning and has a high capacity for absorbing kinetic energy (impact, shock, overloads).

APPLICATION

Place the relief pads according to the illustration.
Start by sticking one of the pads to the edge of the insole (MTP-1 or MTP-5). Then, stick the subsequent pads ensuring there are no gaps between them.

FOOTWave™

FEEL THE WAVE!

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