

Manual

User Information

Ekovel Step Correct Adjustable insoles

What the Ekovel Step Correct Adjustable Insoles are

The **Ekovel Step Correct** adjustable insoles are innovative orthopedic appliance.

They have application in correction as well as in prevention of foot deformities among grown ups and children. Their distinctive characteristic is the bolt situated at the bottom of the insole; it is a precision mechanism, easy to handle, that enables adjustment of the **Ekovel Step Correct** insoles to the needs of all patients. Thank to the adjustment of this mechanism, **Ekovel Step Correct** insoles gradually, painlessly and easily correct foot deformities, limiting in that way consequences of lowered foot arcs and incorrect body statics. Also, an easy adaptation to foot correction is an advantage of the adjustable insoles.

The curve of the along arc of the **Ekovel Step Correct** insole is of the "ideal" shape and height of the normal and healthy foot.

A thorough and detailed examination and measuring of feet with appropriate instrument, as well as examination of lower extremities statics, takes place in order to determine the size of the insole and necessary correction.

Corrective Effect

Ekovel Step Correct adjustable insoles gradually corrects lowered arcs and flatfoot, relieves the spots of excessive pressure in lifted foot and mitigates discomfort originated as a result of this deformities.

Corrective impact on arcs enables straightening of deformed Achilles' tendon, as well as X knees among children. With their permanent use pain in ankles and "halux vaglus" mitigates, preventing also their initiation.

Besides, **Ekovel Step Correct** adjustable insoles improve condition of foot joints, muscles and tendons; they also limit pain in heels (thorn in heel) and development of neuralgias in fingers.

Among the numerous reliefs provided by these insoles we should emphasize improvement of leg muscles exertion and periphery blood circulation, thus resulting in reduction of cold and numbness in legs.

Ekovel Step Correct adjustable insoles slow down degenerative processes in joints, caused by arthrosis and deformities of lower extremities and spine, which are then partially resulted by incorrect body statics and unevenly distribution of weight on lower extremities.

To Whom They Are Intended To

Ekovel Step Correct insoles are recommended to all individuals with difficulties and deformities described in previous section.

Thank to its characteristic to mitigate tiredness in lower extremities they are specially recommended to individuals who spend most of the day standing.

It is also found that they are excellent in prevention of foot's static structure lowering among individuals with increased weight, and in cases of explicit foot traumas.

Using of the **Ekovel Step Correct** adjustable insoles aids forming of the ideal foot arch among children. When using the insoles children have correct skeleton statics and are also protected from development of deformities in foot, knees, hips and spinal column.

Modals of correction vary depending on age and problem in question, while a foot correction can be complete or partial. Consulting and cooperation with a doctor or orthopedist is advised for the right choice of insoles.

Appropriate Footwear

Ekovel Step Correct adjustable insoles can be placed in most kinds of enclosed footwear. They can be used in tight as in loose models, in moccasin, in footwear with shoelaces, as in boots. Adjacent to, they can be used with some kinds of open orthopedic footwear.

To all users of **Ekovel Step Correct** insoles is advised to wear enclosed, comfortable and firm footwear of "loafer" type, with high edges, even in sole area and with heel not higher than 3 cm.

Footwear that covers ankles provides greater stability of foot.

Use

Ekovel Step Correct corrective insoles, for left and right foot, should be placed in shoes in such a way to follow the shape of foot. Corrective mechanism placed under the foot' arch, it has to fit in the shoe, while the heel support should be placed in the heel area leaning on it. The foot should be sited in natural position with a shoe on.

Ways and Period of Use

In order to be efficient therapy comprises wearing of the **Ekovel Step Correct** insoles one or two weeks, with previously determined initial height of the arch by the therapist or a doctor. Based on up to date experience it can be asserted with no doubt that the low level of the initial correction enables wearing of insoles already through the whole first day.

Anyway, because accustoming is gradual, wearing of the **Ekovel Step Correct** insoles can be start with couple of hours, and than gradually prolonged in the subsequent days.

Following the completion of the first phase, this orthopedic appliance should be used every day, as many hours as possible, in the same time gradually increasing the arcs of the insoles with a bar attached to the precise mechanism, following the values determined by the therapist or a doctor.

Anticipated time for attainment of complete correction is 2 to 10 months (depending on case), obeying the previously set control terms.

It is necessary to continue to wear the insoles making no further changes of their arch' height, once anticipated correction of feet is reached.

Short control of arch' height by the authorized therapist or doctor is advised once in 6 months.

Among the children and still growing youngsters occasional (every 8 months) replacement of insoles is necessary, because of the foot growth. In cases when full correction is achieved, thank to use of the insoles and corrective exercises, wearing of the **Ekovel Step Correct** insoles can be stopped, but only if growth process is finished. This decision, however, should be made by the doctor.

Insoles are intended for every day use, for walk on plane or mountain terrain, as well as for rapid walk.

Instruction for Adjustment of Insoles



Picture 1

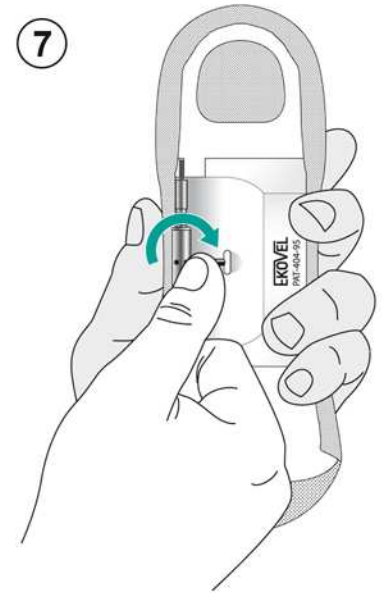
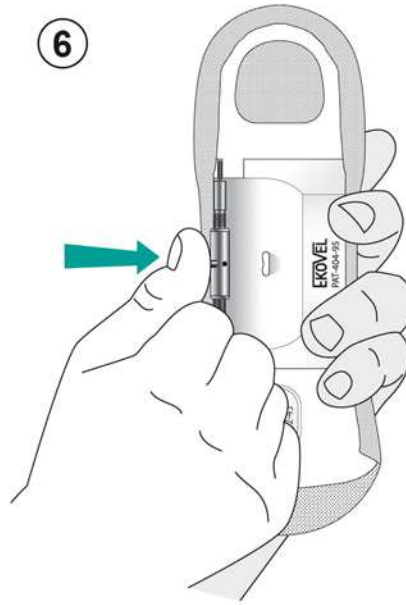
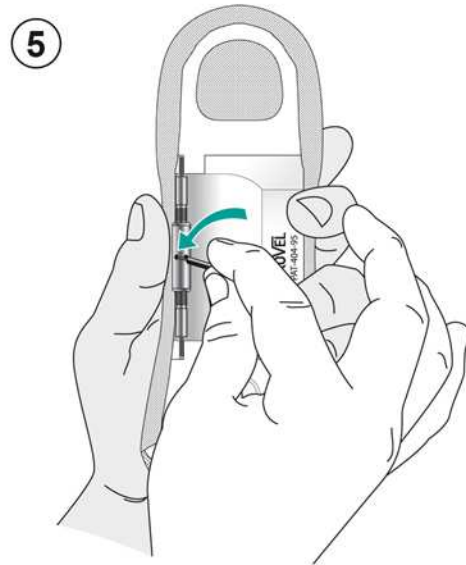
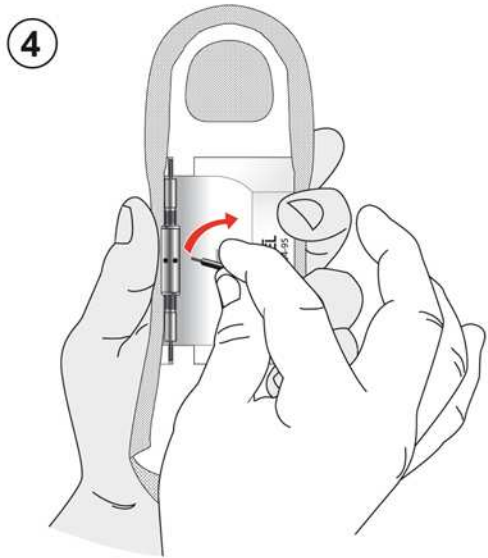
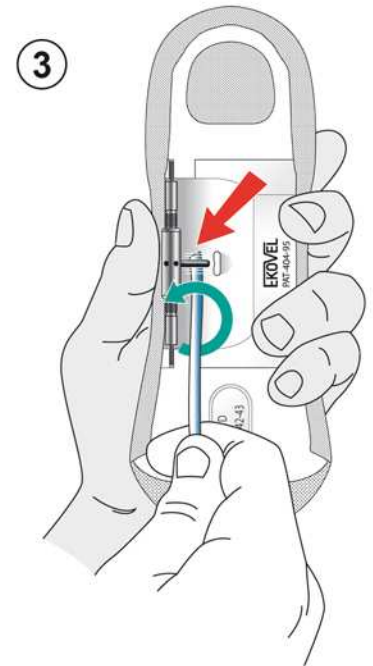
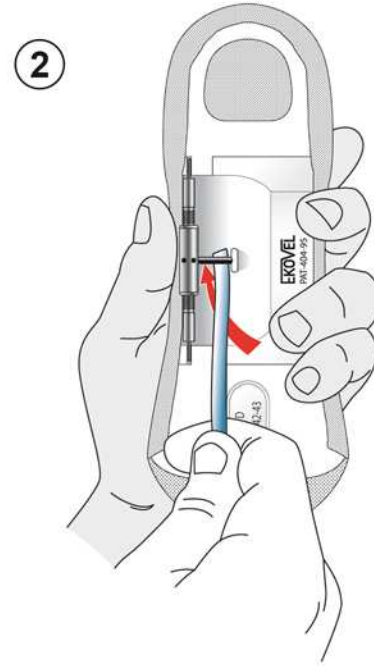
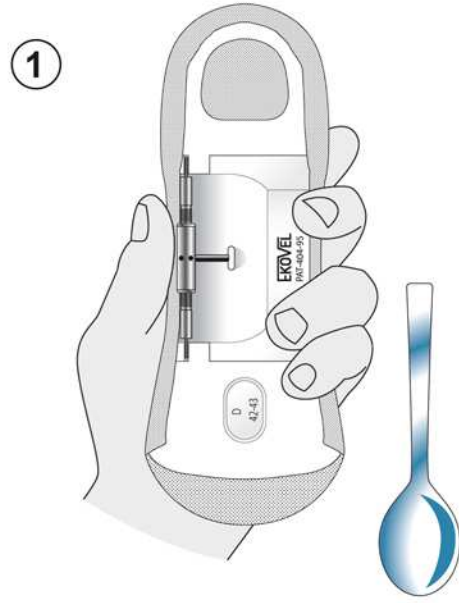


Picture 2



Picture 3

Both insoles should be adjusted in a same way:



1. Take the insole in such a way that the mechanism is placed as on picture 1
2. Take out the bar from the groove with fingers or some other appropriate tool, as shown on picture 2
In order to increase height of the foot's arch, follow the instructions below:
3. Remove the bar from the groove and place it in the first hole on the left side, picture 3
In order to decrease foot's arch, follow the instruction below:
4. Remove the bar from the groove and place it in the first hole on the right side.
5. Finish the process placing the bar back in the groove, as on picture 1

Any adjustment of the insole decreases or increases the height of the arch for a quarter of millimeter. Any adjustment of the insoles should be approved by the therapist or a doctor. In order to ensure efficiency of the therapy, it is necessary to pay control visits regularly and to responsibly obey given instructions.

Contraindications and Side Effects

Up to date there were no recorded cases of allergic reactions to the material used for insoles, or occurrence of great irritation or skin inflammation. Anyway, if such reaction on the product is confirmed, or substantial irritation or inflammation of skin is noted, treatment should be stopped and help from the therapist or doctor asked.

In cases of severe and special kinds of deformities of foot, knees (valgus and varus), hips, pelvis or spinal backbone, or severe accidents or operations with huge impact on mentioned parts of a body, or extreme pain in the foot, or foot sores, use of the **Ekovel Step Correct** insoles as corrective appliance have to be brought by a doctor or orthopedist.

During the use of the **Ekovel Step Correct** insoles running should be avoided, as well as any other sport activity that causes great tension of the insoles' arch. It is important to wear both insoles, it is absolutely forbidden to use only one or to use left insole instead of the right one, and vice versa.

It is also forbidden to use damaged insoles, regardless whether one of its parts has loosened up, or the wholeness of the **Ekovel Step Correct** insoles has been violated.

Use of the **Ekovel Step Correct** adjustable insoles is forbidden to children under the age of three.

Use of the **Ekovel Step Correct** adjustable insoles provides high rate of tolerance of arch lifting and foot correction. However, during the period of adjustment low level pain can occur in lower extremities joints, or in pelvis area, caused by bones placed in new, correct position. In case of severe pain, or/and difficulties during the prolonged time period it is necessary to consult the therapist or a doctor.

Storing and Cleaning

Keep the insoles out of reach of children.

Clean the insoles with a wet cloth, or soaked in medical alcohol if needed.

Ekovel Step Correct insoles can stand 9/12 months of permanent use.

Distributors

Only authorized distributors can sell the **Ekovel Step Correct** insoles. Every distributor of this insoles, whether is he a doctor, orthopedist-technician or physiotherapist, has to complete a short course aimed to train in: adequate measuring of foot with an appropriate instrument, determination of the right size of the insole and establishment of the control schedule, as well as therapy monitoring.

It is forbidden to sell the **Ekovel Step Correct** insoles in pharmacies and shops without the mandatory foot measuring, therapy monitoring, or without frequent controls.

Warranty and service: 6 months

The logo consists of the letters "MD" in a bold, sans-serif font, centered within a rounded rectangular border.