

INSOLES

BAUERFEIND MOVES YOU WITH FOOT PAIN

Simple and targeted treatment
with indication-specific insoles

BAUERFEIND MOVES YOU WITH FOOT PAIN

Bauerfeind AG is one of the world's leading manufacturers of medical aids. Together with you, we help people all over the world enjoy being active for their entire lives.

CONVINCING QUALITY

We have been combining technological expertise with medical know-how for decades. As a traditionally-minded company with a history of more than 90 years, we work closely with physicians, scientists, and medical retailers. Bauerfeind products meet the highest requirements when it comes to effectiveness, comfort, and durability. The insoles listed here are developed as well as produced in Germany, and they undergo regular checks to ensure quality and reliability.

The result: All products mentioned in this brochure are medical devices that fulfill the most exacting demands.

EFFECTIVE SOLUTIONS FOR YOUR PATIENTS

Our orthopedic insoles relieve and stabilize the feet, promote a natural heel-to-toe movement, and help ease the knees, hip, and back. This makes a key contribution to mobility, quality of life, and pain reduction.

We offer a simple and targeted selection of foot orthosis models – a suitable solution for every foot. This is our way of supporting you so you can provide your patients with the perfect products and inspire them in the long term.



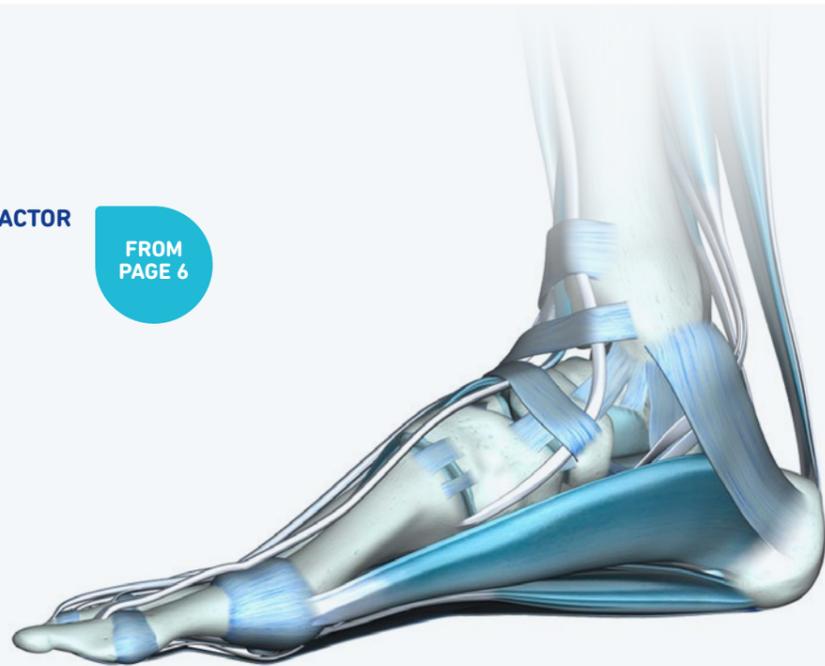
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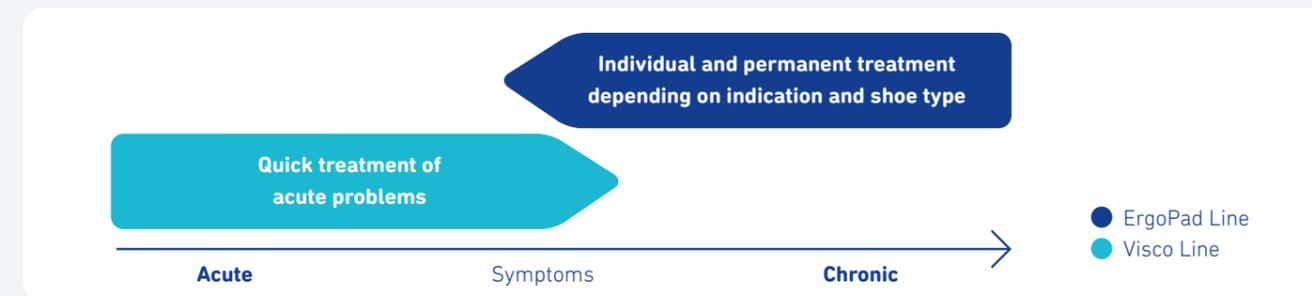
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PRODUCT OVERVIEW

PRODUCT SELECTION SPECIFICALLY BASED ON THE PERFECT TREATMENT EFFECT

Easy treatment of all key indications/therapy goals and considering all shoe types



PRODUCT	DESCRIPTION	SHOE SHAPE		SHOE TYPE							FOOT PROBLEMS				
		Narrow	Wide	Leisure and comfort	Fashionable	Sports	Children	Ballerina shoes	High heels	Soft cushioning of areas subjected to strain: forefoot and heel	Soft cushioning of areas subjected to strain: forefoot	Pain relief of the heel	Pain relief of the Achilles tendon	Stabilization	Flat foot
ErgoPad® redux heel 2 slim & wide	Long-term treatment of heel spurs and plantar fasciitis	●	●	●	●	●						●		●	●
ErgoPad® weightflex 2 slim & wide	Treatment of flat feet or splay feet for a wide range of shoe types	●	●	●	●			●	●	●				●	●
ErgoPad® run & walk	Support and treatment during sport-specific strain			●	●	●				●				●	
ErgoPad® ball & racket	Supportive treatment for Achilles tendon and knee problems		●			●				●			●	●	
GloboTec® Junior	Effective treatment of children's flat feet	●					●							●	●
ViscoSpot®	Viscoelastic heel cushion for the acute treatment of heel spurs	●		●	●	●		●					●		
ViscoHeel®	Viscoelastic heel cushion for the supportive treatment of acute joint pain	●		●	●	●		●					●	●	
ViscoHeel® K	Viscoelastic heel cushion for the correction of varus or valgus misalignments	●		●	●	●		●					●	●	
ViscoBalance®	Viscoelastic heel cushion to compensate for differences in leg lengths	●		●	●	●		●						●	
ViscoPed®	Viscoelastic insoles for the treatment of acute pain caused by pressure		●	●	●	●				●					●
ViscoPed® S	Viscoelastic insoles for the treatment of acute pain in the forefoot		●	●	●	●						●			●

* For additional details about indications, contraindications, and handling of the required foot orthosis, please refer to our additional product information at: experts.bauerfeind.com

ErgoPad® redux heel 2

Long-term treatment of heel spurs and plantar fasciitis

BENEFITS AT A GLANCE

WIDESPREAD RELIEF

This technology targets anatomical weak points in the case of chronic heel and ankle pain or calcaneal spurs. The cut out provides relief for the heel area. The fan design relaxes the irritated area of the plantar aponeurosis. The core supports the foot arches, thus taking excessive strain off the tendon.

- ① **Anatomically contoured finish with thin tapered edges** ensures that the metatarsophalangeal (MTP) joints rest outside the core, so the rolling motion of the foot is not impaired
- ② **Fan-shaped cuts** relieve pressure on the fascia and tendon structure in the sole of the foot.
- ③ **Arch support** raises flattened foot arches, thus removing one of the causes of pain.
- ④ **Cut out** relieves the heel area according to pathophysiological characteristics.
- ⑤ **Heel cup** guides the foot with each step and promotes a biomechanically correct gait.

The inner synthetic core with "ReliefCore Technology" targets painful areas. Available in narrow and wide versions for a perfect fit in women's and men's shoes.



ADVANTAGE

- Suitable for shoes with limited space inside

USES/INDICATIONS*

- For the effective treatment of chronic heel and ankle pain, plantar fasciitis and plantar calcaneal spurs
- For combating chronic symptoms
- For supporting flattened or slightly raised foot arches

Find out more here:
experts.bauerfeind.com/ergopad-redux-heel-2



TOP COVER	CUSHION LAYER	METATARSAL PAD	DESIGN	SIZE (**)	ITEM NUMBER
Fabric frost green	PUR	✓	Narrow	35-42	3 77540 5 00000**
Fabric anthracite	PUR	✓	Wide	38-48	3 77530 5 00000**

SIZE OVERVIEW ErgoPad® LINE

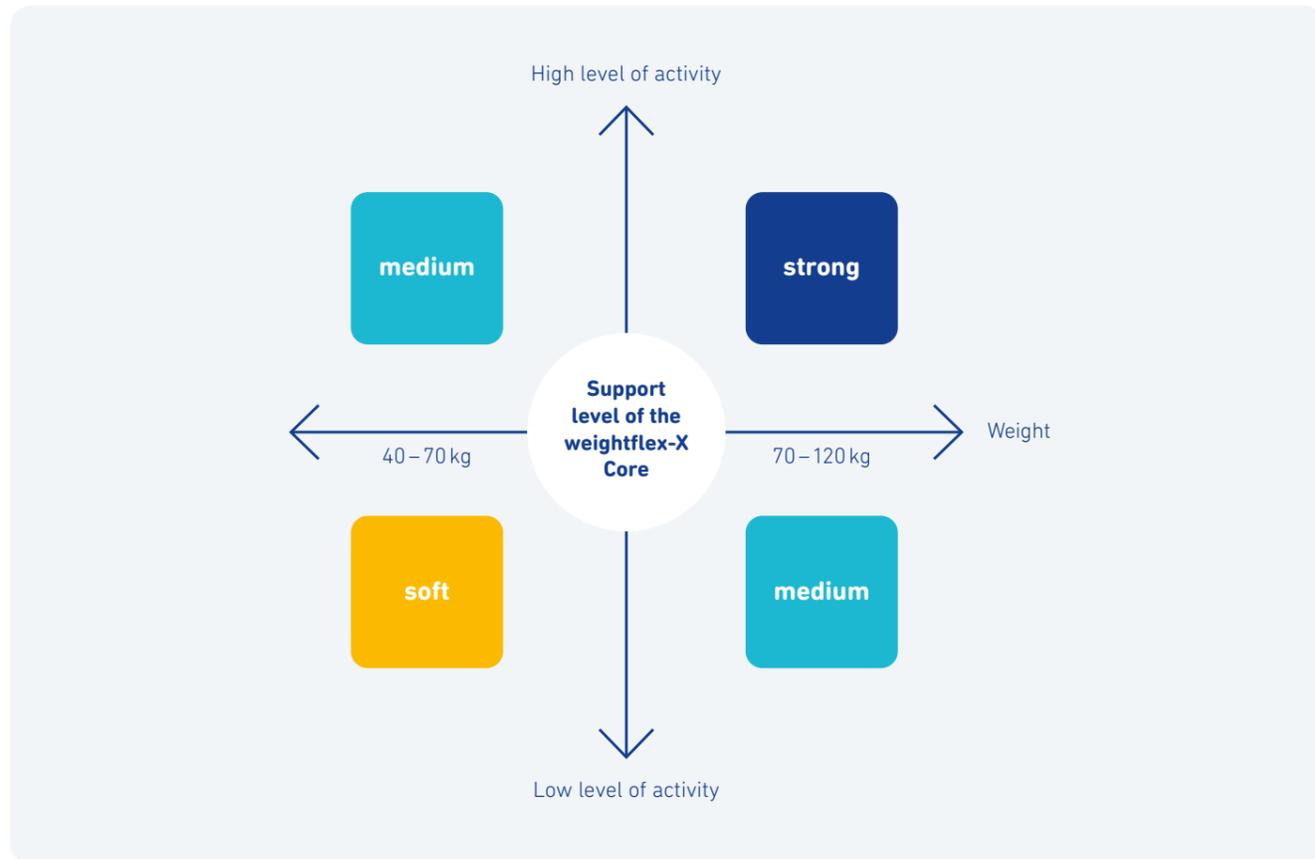
EU (**)	UK	US men	US women
22	C 5.5	C 5.5	C 5.5
24	C 7	C 7.5	C 7.5
26	C 8.5	C 9	C 9
28	C 10	C 10.5	C 10.5
30	C 11.5	C 12	C 12
32	C 13	1	2
34	2	2.5	3.5
35	2.5	3	4
36	3.5	4	5
37	4	5	6
38	5	5.5	6.5
39	6	6.5	7.5
40	6.5	7	8
41	7.5	8	9
42	8	8.5	9.5
43	9	9.5	10.5
44	9.5	10	11
45	10.5	11	12
46	11	12	13
47	12	12.5	14
48	13	13.5	15



* Please refer to the relevant instructions for use for all information.

THE INSOLES WITH THE X FACTOR

The weightflex® technology in the core supports the feet's natural mobility



VARIABLE SUPPORT

The support level of the weightflex-X Core is available in **soft, medium, and strong**, depending on the individual requirements as well as based on activity level and body weight.

Soft

is characterized by increased flexibility and is suitable for a lower weight (40–70 kg).

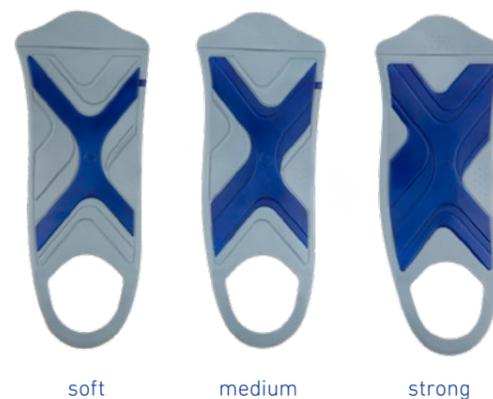
Medium

is suitable for a moderate weight (50–90 kg).

Strong

provides additional stability and is suitable for a higher weight (70–120 kg).

The selection of the core is also based on activity levels, with a higher activity level within the weight category requiring a higher core support level.



SUITABLE FOR VARIOUS HEEL HEIGHTS

Whether you are wearing ballet flats or heels – thanks to the integral hinges in the forefoot and heel areas, the orthotic core easily adapts to any heel height up to 6 cm.

CAN BE EASILY ADJUSTED TO SUIT A VARIETY OF HEEL HEIGHTS



EXTRA SOFT AND DURABLE

The polyurethane coating that surrounds the core provides long-term cushioning at the start of the movement and reduces pressure peaks on the sole of the foot.

Products with weightflex core:

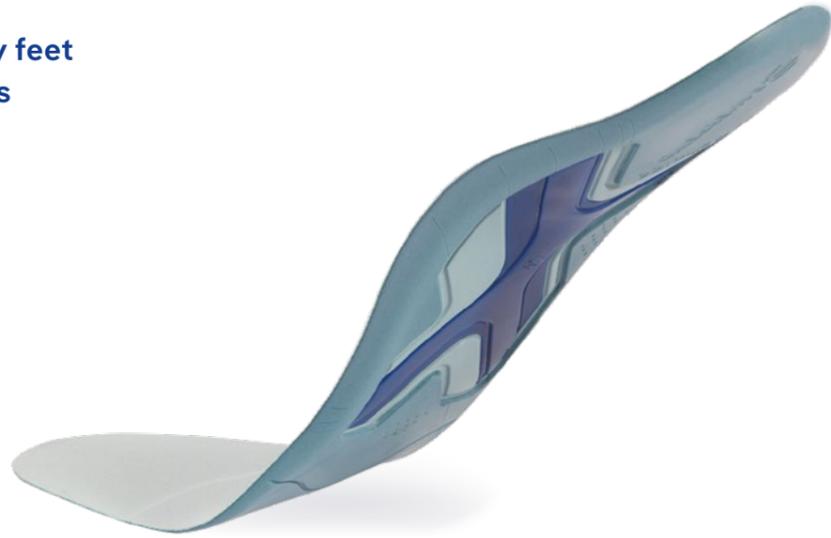
- 08 ErgoPad® weightflex 2
- 09 ErgoPad® run & walk
- 10 ErgoPad® ball & racket

ErgoPad® weightflex 2

Treatment of flat feet or splay feet for a wide range of shoe types

BENEFITS

- Adjustable to suit different heel heights, thanks to hinge joints in the orthotic core
- Variable support (soft, medium, strong)
- Good cushioning despite small height due to a polyurethane soft foam
- Fabric top cover
- Suitable for business and leisure shoes with a heel height of up to 6 cm



USES / INDICATIONS*

- Stable support for mild to pronounced flat and splay foot as well as mild high-arched foot
- Available for strong, moderate, and gentle support of the foot

PROVEN EFFECTIVENESS**

- The guidance of the foot is better than without a foot orthosis
- The physiological movement process is maintained
- The arch support provided by the weightflex Core and the structure of the foot orthosis was viewed positively and rated highly

Find out more here:
experts.bauerfeind.com/ergopad-weightflex-2



TOP COVER	CUSHION LAYER	METATARSAL PAD	DESIGN	SIZE (**)	ITEM NUMBER
Fabric frost green	PUR	✓	Narrow, soft	35–42	3 76541 5 00000**
Fabric frost green	PUR	✓	Narrow, medium	35–42	3 76542 5 00000**
Fabric frost green	PUR	✓	Narrow, strong	35–42	3 76543 5 00000**



TOP COVER	CUSHION LAYER	METATARSAL PAD	DESIGN	SIZE (**)	ITEM NUMBER
Fabric anthracite	PUR	✓	Wide, soft	40–48	3 76531 5 00000**
Fabric anthracite	PUR	✓	Wide, medium	40–48	3 76532 5 00000**
Fabric anthracite	PUR	✓	Wide, strong	40–48	3 76533 5 00000**

* Please refer to the relevant instructions for use for all information.

** Source: Grau S., Krauß I., Barisch-Fritz B.; Sports Medicine Institute, Eberhard Karls University, Tübingen; unpublished data. Summary of the study results; the complete study can be obtained from: Bauerfeind AG, Medical Affairs Department

ErgoPad® run & walk

Support and treatment during sport-specific strain



BENEFITS

- Improved comfort in sneakers while running, hiking, and walking
- Supports the feet's natural mobility

USES / INDICATIONS*

- Soft cushioning of areas subjected to strain: forefoot and heel
- Stabilization
- Flat foot

Find out more here:
experts.bauerfeind.com/ergopad-run-walk



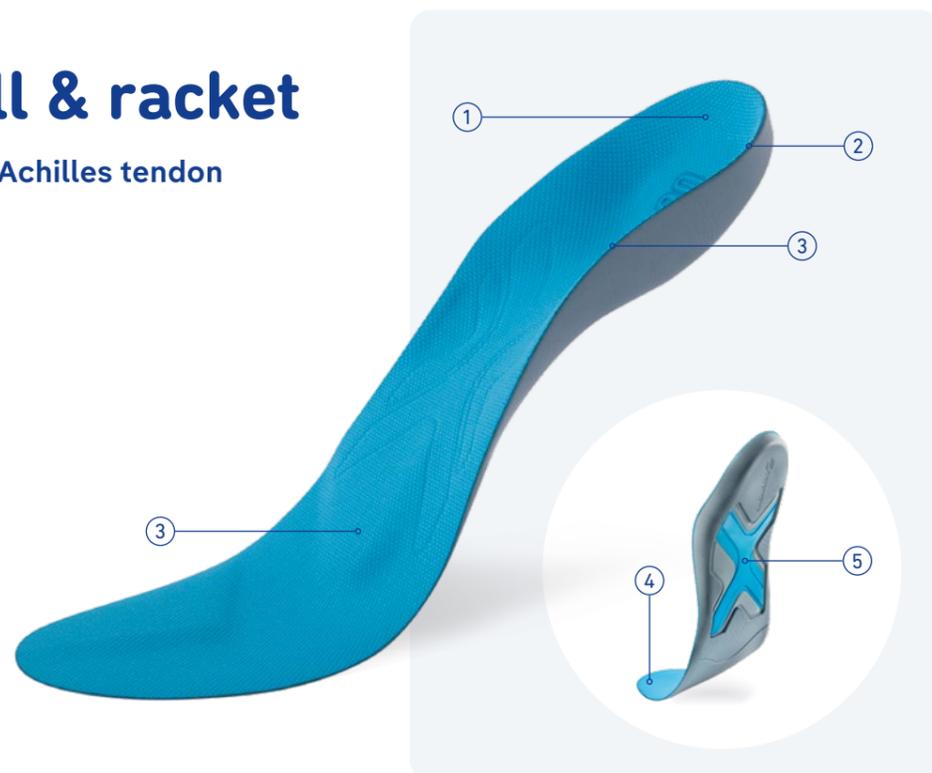
TOP COVER	CUSHION LAYER	METATARSAL PAD	DESIGN	SIZE (**)	ITEM NUMBER
Cyan	PUR	✓	Long	35–48	3 78500 5 00003**

* Please refer to the relevant instructions for use for all information.

- ① Provides **cushioning** and long-lasting shock absorption at heel strike and toe-off through forefoot and rearfoot padding
- ② The slight heel cup **guides and stabilizes** the foot during movement
- ③ Sensorimotor spots **help** stimulate the foot muscles
- ④ The functional top cover has an **antibacterial effect**, thus inhibiting odors
- ⑤ weightflex® technology **supports** the feet's natural mobility

ErgoPad® ball & racket

Supportive treatment for Achilles tendon and knee problems



BENEFITS

- The toe bank stretches the small toes and increases contact between the feet and the shoes

USES / INDICATIONS*

- Soft cushioning of areas subjected to strain: forefoot and heel
- Pain relief of the Achilles tendon
- Stabilization
- Flat foot

- ① The heel cup surrounds the heel and **stabilizes** the ankle during quick changes of direction
- ② Sensorimotor spots **help** stimulate the foot muscles
- ③ The toe bank **stretches** the small toes and increases contact between the feet and the shoes
- ④ The functional top cover has an **antibacterial effect**, thus inhibiting odors
- ⑤ weightflex® technology **supports** the feet's natural mobility during the heel-to-toe movement

Find out more here:
experts.bauerfeind.com/ergopad-ball-racket



TOP COVER	CUSHION LAYER	METATARSAL PAD	DESIGN	SIZE (**)	ITEM NUMBER
Cyan	PUR	✓	Long	35-48	3 78500 5 00002**

* Please refer to the relevant instructions for use for all information.

GloboTec® Junior¹

Effective treatment of children's flat feet



BENEFITS

- Corrects and supports pediatric planovalgus feet (flat feet)
- Can be perfectly adapted to the foot
- Heel cup provides good guidance
- Skin-friendly top cover
- Available for children's shoes from shoe size 22
- Thin materials, ¾-length version
- Very thin and flexible edges
- High, stabilizing heel cup, thin at the heel and edges
- Efficient, modern product that is easy to adapt

USES / INDICATIONS*

- Corrects or supports the foot arches in cases of planovalgus foot
- Suitable for a wide range of children's shoes



Find out more here:
experts.bauerfeind.com/globotec-junior



TOP COVER	CUSHION LAYER	METATARSAL PAD	DESIGN	SIZE (**)	ITEM NUMBER
Microfiber blue	TPE cushion	-	¾-length, high heel cup	22-40 ²	3 10805 1 00000**

* Please refer to the relevant instructions for use for all information.

¹ Foot orthosis is manufactured in Austria

² Double sizing

VISCOELASTIC HEEL CUSHIONS AND INSOLES

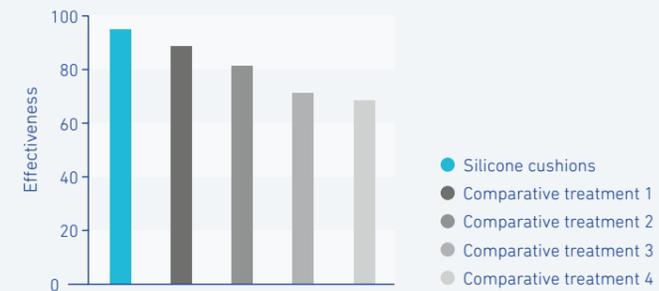
For a gentle step

The versatile, soft-cushioning Visco products allow treatment to be matched to the indication and adjusted to patients' individual needs. By reducing pressure and shock loads, the feet, knees, hip joints, and back are relieved at the same time.



PROVEN EFFECTIVENESS

In a comparative study* with four alternative methods/products, Bauerfeind's viscoelastic heel cushions produced the best effect. **95% of test subjects were pain-free after 14 days.**



*Pfeffer et al.: Foot & Ankle International/Vol.20, No. 4/April 1999, Orthoses for proximal plantar fasciitis, 1999

ViscoSpot®

For the acute treatment of heel spurs



ViscoBalance®

To compensate for differences in leg lengths



ViscoHeel®

For the supportive treatment of acute joint pain



ViscoPed®

To relieve pressure in cases of acute pain in the forefoot



ViscoHeel® K

For the correction of varus or valgus misalignments



ViscoPed® S

For the treatment of acute pain caused by pressure



For additional details about indications, contraindications, and handling of the required foot orthosis, please refer to our additional product information at: experts.bauerfeind.com/b2b/.

ViscoSpot®

For the acute treatment of heel spurs

BENEFITS

- Soft-cushioning zones made of material with varying firmness offer targeted relief
- Made of skin-friendly, non-slip, durable silicone
- Cushions impact, thus protecting the joints
- Anatomically contoured to ensure the perfect fit of foot and shoe

USES / INDICATIONS*

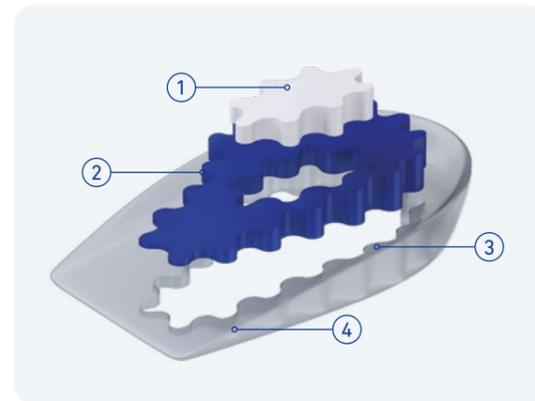
- For the acute treatment of heel spurs and achillodynia
- Heel spur
- Problems around the insertion of the plantar fascia
- Tarsal bone pain and achillodynia
- Osteoarthritis of the knee and relief of pressure caused by an endoprosthesis

DESIGN	SIZE	SHOE SIZE	ITEM NUMBER
Right/left	1	32–40	1 301720 2 000501
Right/left	2	41–47	1 301720 2 000502
Right	1	32–40	1 301720 2 000601
Right	2	41–47	1 301720 2 000602
Left	1	32–40	1 301720 2 000701
Left	2	41–47	1 301720 2 000702

SIZE OVERVIEW

SIZE	EU (**)	UK	US men	US women
1	32–40	C13–6.5	1–7	2–8
2	41–47	7.5–12	8–12.5	9–14

* Please refer to the relevant instructions for use for all information.



- ① The white zone is particularly soft to achieve **targeted pressure relief** in the problem area – in cases of heel spurs, for example
- ② The slightly firmer blue zone **relieves** both the attachment site and path of the inflamed plantar fascia and tendon structure
- ③ The TRlactive® technology **reduces** pressure at the edges and makes the product more comfortable to wear. The wave-like contouring ensures a smooth transition between the individual zones
- ④ The firm gray zone **provides the hindfoot with the necessary support** when a step is taken

Find out more here:

experts.bauerfeind.com/viscospot



Supplied in pairs.

ViscoHeel®

For the treatment of acute joint pain

BENEFITS

- Reduces shock loads on the ankle, knee, hip, and spine
- Noticeably relieves the Achilles tendon insertion
- Reduces pain caused by pressure in the heel area, thanks to targeted soft cushioning

USES / INDICATIONS*

- For the acute treatment of achillodynia and Haglund's deformity
- Osteoarthritis / Degenerative changes of the leg and spinal joints
- To provide relief in cases of artificial joints
- Achillodynia – tendomyopathy

SIZE	SHOE SIZE	ITEM NUMBER
0	28–31	1 301702 2 000000
1	32–35	1 301702 2 000001
2	36–39	1 301702 2 000002
3	40–43	1 301702 2 000003
4	44–47	1 301702 2 000004

SIZE OVERVIEW

SIZE	EU (**)	UK	US men	US women
0	28–31	C10–12	10.5–12.5	C10.5–12.5
1	32–35	C13–2.5	1–3	2–4
2	36–39	3.5–6	4–6.5	5–7.5
3	40–43	6.5–9	7–9.5	8–10.5
4	44–47	9.5–12	10–12.5	Nov 14

* Please refer to the relevant instructions for use for all information.



Find out more here:

experts.bauerfeind.com/viscoheel



Supplied in pairs.

ViscoHeel® K

For the correction of varus or valgus misalignments

BENEFITS

- Reduces shock loads on the ankle, knee, hip, and spine
- Corrects the heel position and leg axis, thanks to raised sides
- Offers non-slip support and is skin-friendly as well as durable
- Reduces pain caused by pressure in the heel area, thanks to targeted soft cushioning

USES / INDICATIONS*

- Varus or valgus misalignment of the heel



SIZE	SHOE SIZE	ITEM NUMBER
1	25–32	1 301710 2 000001
2	33–40	1 301710 2 000002
3	41–47	1 301710 2 000003

SIZE OVERVIEW

SIZE	EU (**)	UK	US men	US women
1	25–32	C8–C13	C8.5–1	C8.5–2
2	33–40	1–6.5	2–7	3–8
3	41–47	7.5–12	8–12.5	9–14

* Please refer to the relevant instructions for use for all information.

Find out more here:

experts.bauerfeind.com/viscoheel-k



Supplied in pairs.

ViscoBalance®

To compensate for differences in leg lengths

BENEFITS

- Helps compensate for differences in leg length of 3, 5, or 10 mm.
- Relieves pain and counteracts damage to the joints and spine
- Skin-friendly, easy-to-clean, and non-slip silicone

USES / INDICATIONS*

- For acute treatment of leg length differences and achillodynia
- Leg length differences
- Problems caused by asymmetric loading of the locomotor system
- Relief for Achilles tendon irritation
- Pain reduction when the body is misaligned in everyday shoes



SIZE	SHOE SIZE	ITEM NUMBER
1	32–35	1 30174* 0 050001
2	36–39	1 30174* 0 050002
3	40–43	1 30174* 0 050003
4	44–47	1 30174* 0 050004

*1 = height 3 mm, *2 = height 5 mm, *3 = height 10 mm

SIZE OVERVIEW

SIZE	EU (**)	UK	US men	US women
1	32–35	C13–2.5	1–3	2–4
2	36–39	3.5–6	4–6.5	5–7.5
3	40–43	6.5–9	7–9.5	8–10.5
4	44–47	9.5–12	10–12.5	11–14

* Please refer to the relevant instructions for use for all information.

Find out more here:

experts.bauerfeind.com/viscobalance



Supplied as individual units.

ViscoPed®

To relieve pressure in cases of acute pain in the forefoot

BENEFITS

- The shock-absorbing effect alleviates pain and protects the ankle, knee, hip, and spine
- Special pressure relief zones provide distribution of pressure in the forefoot and heel areas
- The integrated metatarsal pad supports the transverse arch of the foot (for treating forefoot and toe deformities)
- Suitable for leisure and sports shoes

USES / INDICATIONS*

- Gentle correction of static or dynamic misalignment of the skeleton of the foot
- Special soft pads alleviate or eliminate painful irritation
- Reduces shock loads on the ankle, knee, hip, and spine

SIZE	SHOE SIZE	ITEM NUMBER
1	37-38	1 301730 1 000001
2	39-40	1 301730 1 000002
3	41-42	1 301730 1 000003
4	43-44	1 301730 1 000004
5	45-46	1 301730 1 000005

SIZE OVERVIEW

SIZE	EU (**)	UK	US men	US women
1	37-38	4-5	5-6	6.5-7.5
2	39-40	5.5-6.5	6.5-7.5	8-9
3	41-42	7-8	8-9	9.5-10.5
4	43-44	8.5-9.5	9.5-10.5	11-12
5	45-46	10-11	11-12	12.5-13.5

* Please refer to the relevant instructions for use for all information.



Find out more here:

experts.bauerfeind.com/viscoped



Supplied in pairs.

ViscoPed® S

For the treatment of acute pain caused by pressure

BENEFITS

- The shock-absorbing effect alleviates pain and protects the ankle, knee, hip, and spine
- Special pressure relief zones provide distribution of pressure in the forefoot and heel areas
- Skin-friendly, easy-to-clean, and non-slip silicone

USES / INDICATIONS*

- Gentle correction of static or dynamic misalignment of the bones of the foot

SIZE	SHOE SIZE	ITEM NUMBER
0	35-36	1 381732 1 000000
1	37-38	1 381732 1 000001
2	39-40	1 381732 1 000002
3	41-42	1 381732 1 000003
4	43-44	1 381732 1 000004
5	45-46	1 381732 1 000005
6	47-48	1 381732 1 000006

SIZE OVERVIEW

SIZE	EU (**)	UK	US men	US women
0	35-36	2.5-3.5	3.5-4.5	5-6
1	37-38	4-5	5-6	6.5-7.5
2	39-40	5.5-6.5	6.5-7.5	8-9
3	41-42	7-8	8-9	9.5-10.5
4	43-44	8.5-9.5	9.5-10.5	11-12
5	45-46	10-11	11-12	12.5-13.5
6	47-48	11.5-12.5	12.5-13.5	14-15

* Please refer to the relevant instructions for use for all information.



Find out more here:

experts.bauerfeind.com/viscoped-s



Supplied in pairs.

Do you have any questions, suggestions or requests?
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