

EKOVEL STEP CORRECT

Adjustable orthopaedic insoles for feet correction

About EKOVEL STEP CORRECT adjustable orthopaedic insoles

Ekovel Step Correct adjustable insoles are an innovative orthopaedic device for correction and prevention of feet deformities in children and adults. Their distinct feature lies in a precise and user-friendly mechanism that enables the insoles to accommodate to the corrective needs of any patient. Due to this mechanism, *Ekovel Step Correct* insoles gradually correct feet deformities, without any pain and with ease, thus limiting the consequences of lowered feet arches and incorrect statics of human body.

Corrective treatment

In order to determine the insoles' size and needed correction, a detailed and comprehensive examination is performed, as well as feet measuring with precise instruments and an examination of lower extremities statics.

Ekovel Step Correct adjustable insoles have a precise mechanism which, based on the examination and feet measurements, adjusts the starting arch height with micrometre precision in accordance with feet arches, and which gradually and painlessly elevate flat and lowered feet arches to an optimal height in 3-6 months, while providing a correct skeleton statics.

Ekovel Step Correct adjustable insoles gradually correct lowered arches and flat feet, unburdening the points of excessive pressure on elevated feet and ease difficulties brought by these deformities. The corrective treatment of feet arches enables the correction of a deformed Achilles tendon, as well as "X" knees in children. Their constant use eases bunion (hallux valgus) pain and prevents their formation.

Ekovel Step Correct adjustable insoles also improve the condition of feet joints, muscles and tendons, limit the pain in heels (heel numbness) and the development of toes neuralgia. Among numerous reliefs brought by these insoles, we should point out the improvement of muscular work of legs and the peripheral circulation, along with reduced feeling of coldness and numbness in legs.

Ekovel Step Correct adjustable insoles slow down the degenerative joint process, caused by arthrosis and deformities of lower extremities and spine, which are partially caused by incorrect statics and irregular load distribution in lower extremities.

Intended users

Ekovel Step Correct adjustable insoles are recommended to anyone who has difficulties and deformities described above. Due to their characteristic of easing fatigue in lower extremities, they are especially recommended to those who spend most of their time on their feet. Also, they can be used for prevention of static lowering of feet structure in overweight people and people with foot injuries.

Using *Ekovel Step Correct* adjustable insoles helps in forming an ideal feet arches in growing children. It is best to start the treatment when children are 3 years old and up until the end of puberty. With insoles on, children have a correct skeleton statics and they are protected from possible feet, knees, hips and spine deformities.

In adults, *Ekovel Step Correct* adjustable insoles elevate feet arches and provide correct statics which stops pain and difficulties in feet, knees, hips and spine.

How to use

Ekovel Step Correct adjustable insoles are placed in footwear minding the shape of the feet (for left and right foot). The corrective mechanism, placed under the foot's arch, must correspond to the middle section of the shoe, while the heel support is placed so that it touches the back (heel) section of the shoe. Foot should be naturally fixed along the insole when the shoe is put on.

Method and time of use

The insoles should be used every day, when walking on levelled ground or in mountains, as well as for fast walking. In order for the treatment to be efficient, *Ekovel Step Correct* insoles must be used regularly and constantly.

Based on experiences so far, we can with certainty say that a low level of beginning correction makes it able for the insoles to be used throughout the entire day, from the very beginning of use. However, in order to gradually get used to the insoles, you should wear *Ekovel Step Correct* insoles only for a few hours a day in the beginning, and then gradually increase the time period in the following days. After the first phase is completed, the insoles should be used every day, for as many hours as possible, and gradually increase the insoles' arches using the key in the precise mechanism, always following the parameters determined by a therapist or a physician.

Estimated time for achieving the full correction is 2 to 10 months (depending on the case), with necessary adherence to scheduled check-ups. Once the desired feet correction is achieved, it is necessary to continue wearing the insoles and not change the height of their arches.

It is necessary to perform check-ups of insole arch's height every 2 months at the *Ekovel* centre. When it comes to children and young people, it is necessary to change the insoles from time to time (each 8 months up to a year) due to growing feet. When the state of complete correction is achieved, you can stop using *Ekovel Step Correct* insoles, providing that the feet growing period has ended. Such decision should be made by a therapist and a physician.

Suitable footwear

Ekovel Step Correct adjustable insoles can be worn with all types of closed footwear. They can be used with both narrow and wide models, loafers, footwear with laces, as well as boots. Besides, they can be used with some types of open orthopaedic footwear.

All *Ekovel Step Correct* insoles users are recommended to wear closed, comfortable, firm footwear with square toes and high top arch, flat sole and a heel not higher than 3cm.

Footwear covering the ankle provides better stability of the foot.

Distribution

Only authorized distributors can sell *Ekovel Step Correct* insoles. Each insole distributor, whether a physician, orthopaedic technician or a physical therapist, must complete the *Ekovel* centre's course that trains them in how to properly measure feet, determine the arch height level, select the insole size, establish check-up schedule, and monitor the treatment. Selling *Ekovel Step Correct* insoles without the necessary feet measuring, treatment monitoring and frequent check-ups is strictly forbidden.

Contraindications and adverse effects

So far there are no known cases of allergic reactions to the insoles' material, occurrences of severe skin irritations or inflammation. Regardless, if there is a sensitivity to the product or if there are severe skin irritations or inflammations, you should stop the treatment and contact your physician/therapist.

In cases of severe or specific deformities of feet, knees (valgus and varus), hips, pelvis or spine, serious injuries or surgical procedures that greatly impact the above body parts, exceptionally painful feet or feet wounds, the decision to use the *Ekovel Step Correct* insoles as a corrective device must be approved by a physician or a therapist.

While using the *Ekovel Step Correct* insoles, you should avoid running and other sport activities that could cause serious stress to the middle section (arch) of the insoles and lead to its breaking.

It is important to wear both insoles at the same time. It is absolutely prohibited to wear just one insole, replace the left one with the right one, or vice versa. It is also forbidden to wear faulty insoles, regardless of if one of their parts is separated or if *Ekovel Step Correct* insoles are not complete in any way.

The use of *Ekovel Step Correct* adjustable insoles enables a high level of tolerance to the lifting of arches and feet correction. However, mild pain in lower extremities' joints or in the pelvis area could occur during the adjustment period, which is caused by the placement of the bones in a new, correct position. If intense pain and/or problems occur for a longer period of time, you should consult the Ekovel centre.

Storage and maintenance

The insoles should be stored in ambient conditions, away from humidity, water, open flames or excessive heat, dust, extreme environmental influences, etc.

Keep the insoles away from pets and small children.

The insoles must not be used when playing sports.

Clean the insoles with a damp cloth, soaked with medicinal alcohol if needed, from time to time.

Warranty and service

Ekovel Step Correct orthopedic insoles have a declared technological durability of 24 months from their first use. After this period they are not recommended to be furtherly used.

Producers warranty lasts for 6 months after the day of purchase and in that period if any defect of the product occurs you can claim the new pair. This is conditioned by the proper use of the insoles according to the instructions given in the user's manual.

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