

BORGinSOLE

INTELLIGENT FOOT

Please read these instructions carefully to get the best results from your BORGinsoles. If you still have questions after reading these instructions, please get in touch with the qualified bachelor or master in podiatry that supplied your BORGinsole orthotics. Save these instructions after use. They may come in handy later on.

Content instructions for use

1. What is BORGinsole?
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Material

BORGinsole functional insoles are manufactured from EVA (Ethyl Vinyl Acetate). General characteristics:
EVA is a lightweight, stable material with solid firmness.

Specific characteristics:

Density	shore	+/- 30	+/- 40	+/- 50	+/- 60
Tensile force	Kg/cm ²	9.4	13.0	18.8	26.4
Elasticity	%	90	120	130	150
Tear resistance	Kg/cm	3.2	3.3	5.6	8.3
Water absorption (after 5hrs at room temperatuur)	%	< 1	< 1	< 1	< 1

Table 1: Ruyei Lung Rubber Co., ltd, 2007

BORGinsole functional insoles are usually milled from one piece of material. The material is not pre-heated or compressed to keep the open cell structure intact.

1. What is a BORGinsole?

A BORGinsole is a high-tech podiatric functional foot orthotic exclusively supplied by qualified bachelors and masters in podiatry. The design of a BORGinsole is based on extensive individual research of foot function, biomechanical assessments of joint angles and gait analysis. A unique vacuum-assisted device makes an impact print of the foot in a specific podiatric position. The footprint is being scanned in 3D and then delivered to the BORGinsole lab for fabrication. BORGinsole functional insoles are designed according to the podiatric biomechanical concept and are based on motion dynamics (walking and running).

2. Who can wear BORGinsole?

Your feet are literally the foundation of your body. Bad foundations reflect in the temple of the body, which will tilt, tear or even collapse. Foot conditions and inappropriate footwear can lead to foot, ankle, knee, hip, back and even neck pain. The entire body can get out of balance. BORGinsole corrects foot posture and restores foot function. A BORGinsole is a custom-made, high-tech podiatric functional insole for all of the following people:

- Professional athletes (soccer, athletics, tennis, cycling,...)
- Recreational athletes
- Children
- Seniors and pre-seniors
- Diabetics
- Rheumatism patients
- People suffering from foot conditions
- People suffering from ankle, knee, hip, back, neck ... conditions

3. What is the function of BORGinsole?

What's so great about these functional insoles is that the foot position is being corrected according to its own axes. By changing the rear foot axes of the subtalar joint, there will be a normal biomechanical influence to the midfoot and forefoot as well as to the first ray function of the windlass mechanism.

The functional goal is to absorb shock upon initial foot impact and to form an efficient lever arm to channel power correctly during propulsion. By optimising foot function by its own axes, there will be a logical synchronisation to the upper joints and its function to the upper kinetic chain.

Ultimately, BORGinsole insoles contribute to efficient walking and running by creating a near-perfect 'cushion' between the ground and your body supporters: your feet. BORGinsole insoles fit both feet perfectly as they are custom-molded to your left and right foot.

4. How to wear BORGinsole?

First of all, make sure you put your BORGinsole insoles in the right shoes (according to the activity chosen). Second, wear them as often as you can.

A) The right shoe:

Your podiatrist will give you detailed advice on which shoes to wear, while examining your feet and upon delivery of your BORGinsole insoles. The right shoes for you depend on individual things such as your age, your job, the sports you do, the circumstances in which you'll be wearing the shoes, and so on.

Here's what you should bear in mind:

- The right fit to respect the natural foot shape
- A maximum heel height of 2,5 cm
- A reinforced heel section
- A stiff shank (shoe should not bend in the middle)
- Bend in the forefront
- Preferably removable insoles
- Shoelaces are practical
- Stop shoelaces from coming undone

Insoles should not be worn in sandals that are open at the back, slippers, Crocs or shoes with laces that easily come undone. The insoles will not provide the necessary foot correction and they will easily wear out.

Podiatrists will provide specific advice with regard to sports shoes (running, soccer, basketball, ...) .

B) Maximum wear:

To guarantee optimal results from your BORGinsole functional insoles, your body must adapt to the corrective function on a neuromuscular level, which can take up to three months. If you do not wear your BORGinsole correctly or consistently, you cannot expect ideal results.

You should wear your BORGinsole during all activities that put strain on your feet, including household chores such as cleaning, cooking or ironing. You do not have to wear your insoles during activities in which you are mainly sitting or lying down (pool, bathroom, bedroom, sauna, ...).

5. Tips for children

As far as children are concerned, the sooner you start with BORGinsole functional foot orthotics therapy the better. Ideally you should take your children to see a podiatrist for a podiatric-biomechanical screening when they are 6 or 7 years old. At that young age, the child's foot is still developing, has a soft adaptable structure with lots of cartilage and the growth plates aren't closed yet. These are all premises for success and good conditions to correct feet and get them off on the right foot!

The guidelines on how to wear BORGinsole insoles apply first and foremost for children. We strongly advise against backless shoes, slip-on shoes, walking barefoot or wearing soft sneakers for gymnastics classes.

6. How to start wearing BORGinsole?

You should begin wearing the BORGinsole immediately. Initially only wear them with socks; once you're adapted to them you can wear them barefoot. You may experience slight discomfort in the break-in period because of the changes in function and leg position. If at anytime during the break-in period you experience heavy discomfort, you should stop wearing them. Simply take them out of your shoes and walk without them the rest of the day. Start wearing them again the next day. Simply listen to what your feet are telling you. It is normal for the insoles to feel a bit odd the first week. This feeling should gradually go away so that by the third or fourth week they feel completely comfortable. If you continue to feel discomfort or pain after the break-in period, cease wear and get in touch with your podiatrist. He will reassess them and make any necessary adjustments.

This is part of the BORGinsole service so no additional fees will be charged. For sports use, we suggest wearing your BORGinsole functional insoles only during normal activity in the break-in period, for approximately one week. After that period the insoles can and should be worn during all sports and regular activities. If you experience pain or discomfort only during sports activities, you should continue to wear the functional insoles during your daily activities. Your feet and body need to adapt to the insoles in order to perform your sports activities optimally. Please note that you have to support the BORGinsole functional insole therapy 100% in order to enjoy maximum results. Conviction and willpower are prerequisites to obtain maximum benefit.

7. Follow-up and lifespan of BORGinsole

BORGinsole functional foot orthotics will provide you with years of comfort. The lifespan depends on the rigidity of the material (harder materials are more wear-resistant, see table 1) and the wear pattern. Because BORGinsole functional orthotics hardly absorb any water, do not contain glue and are usually one-piece, they are machine-washable at 30 to max 40° in a protective net. They can also be cleansed with a damp cloth and mild soap. Do not expose BORGinsole functional insoles to heat sources over 40°. For reasons of hygiene we suggest you keep your insoles tidy and clean, and remove them from your shoes overnight to air-dry them. Good for your feet and for your BORGinsole functional insoles!

If you perspire heavily, especially during the summer, you can slip a terry cloth sock over them. Make sure the socks are about two sizes bigger than your foot size so as not to distort the heel cup.

Your podiatrist should examine your orthotics every year to make sure they still fit correctly. If they don't conform to your feet anymore but are still dense enough, the podiatrist will make the necessary adjustments to your BORGinsole functional insoles.

8. Advantages of BORGinsole functional insoles

- Improved correction of the functional complex of your feet and body
- Ultimate wear comfort
- Lightweight
- Very hygienic and machine-washable
- Longer lifespan
- Fast delivery
- Excellent service
- Eco-friendly: no plaster or glue waste
- Second pair at reduced price
- Unique and individual functional insole

Accomplished thanks to:

- High-tech design
- Perfection from measurement to delivery
- Supplied by qualified bachelor or master in podiatry who are devoted to their patients
- Custom-made for both your feet individually
- Totally dynamics-based
- Medical specialty work

More illustrating video material can be found on the website.

www.BORGinsole.com

Please see your qualified bachelor or master in podiatry if you have any questions. He/she will be happy to be of service to you. Patient satisfaction is extremely important for your BORGinsole podiatrist.



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BORGinsole is a patented product and a registered trademark.