

**Silicone Heel Cups - Fitting Guidelines and Care Instructions**



**Features:**

- Dual density silicone heel cup with softer blue spot in the centre of the heel
- Blue spot redistributes pressure and provides additional cushioning
- Sold in pairs

**Indications:**

- Post heel fracture/TA repair
- Plantar Fasciitis
- Heel Spur
- General heel pain

**Fitting Instructions:**

- Use as per clinician's guidelines

**Care & Maintenance:**

- Hand wash in warm water with mild soap
- Allow to dry naturally away from direct heat sources
- Do not use bleach

**Size Table**

Size	Shoe Size		Softer Spot	
	UK	Euro	Centre	Lateral
Small	<4	<37	SHC-CS-S	SHC-LS-S
Medium	4 - 8	37 - 42	SHC-CS-M	SHC-LS-M
Large	8 - 12	42 - 47	SHC-CS-L	SHC-LS-L
X-Large	>12	>47	SHC-CS-XL	N/A



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