

**Walk Straight Heel Inserts**  
**- Fitting Guidelines and Care Instructions**



Chaneco

**Features:**

- Silicone insert for superior shock absorption on the inside heel area
- Blue spot redistributes pressure away from painful area and provides additional cushioning
- 5° taper to lateral side
- Sold in pairs

**Indications:**

- 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		Code
	UK	Euro	
Small	<4	<37	SHI-S
Medium	4 - 8	37 - 42	SHI-M
Large	>8	>42	SHI-L



CHANECO LTD  
 4 Kilvey Road, Brackmills, Northampton, NN4 7BQ  
 T: 01604 709999 F: 01604 700057  
 www.chaneco.co.uk

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