

Care and Maintenance

- Hand wash in warm water with mild soap
- Do not dry clean or tumble dry - allow to dry naturally, away from direct heat sources
- Do not use bleach



Full Length Silicone Insoles

Fitting Guidelines & Care Instructions



SI-F - Revision 4 - Jan 2024

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

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Single Patient Use



Not Fire Retardant



Features

- Dual density full length silicone insole with softer blue spot in heel and ball-of-foot area for additional cushioning
- Distributes even pressure over the full plantar surface
- Available with Metatarsal Domes for fallen metatarsals
- Sold in pairs

Indications

- Pre/Post-surgery / trauma
- R/A
- Painful heel and ball of foot
- Risk of skin or tissue breakdown
- Fallen metatarsal arches (Full length silicone insoles with Metatarsal Pad only)

Size Table

Shoe Size		Code	
UK	EURO	Without Met Dome	With Met Dome
2.5	34	-	SI-FLM-34
4	36	SI-FL-36	SI-FLM-36
5.5	38	SI-FL-38	SI-FLM-38
7	40	SI-FL-40	SI-FLM-40
8	42	SI-FL-42	SI-FLM-42
9.5	44	SI-FL-44	SI-FLM-44
11.5	46	SI-FL-46	SI-FLM-46
13	48	SI-FL-48	SI-FLM-48

Fitting Instructions

- Select the correct insoles from the sizes available – they can be trimmed using a sharp pair of scissors if required
- Open your shoes up as much as possible before inserting the insoles
- Place the insole heel first and push to the front of the shoe

Additional Information

- Material content: 100% silicone
- LATEX FREE