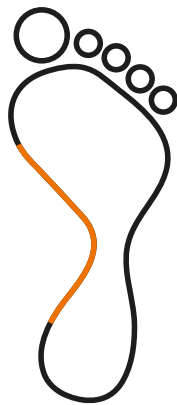


Footdisc

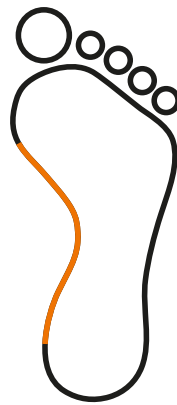
Foot Print – Fußabdruck



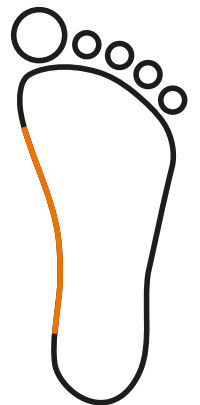
A High Arch
Hohlfuß



B Medium Arch
Normalfuß

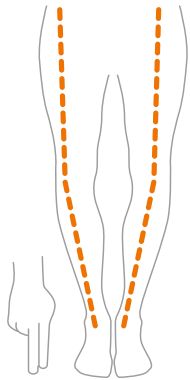


C Low Arch
Senkfuß

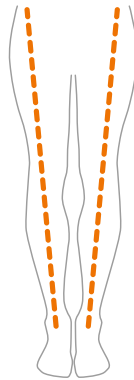


D Low Arch
Senkfuß

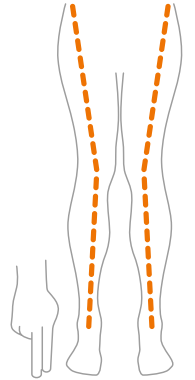
Leg Axis – Beinachse



1 Bow Leg
O-Bein



2 Straight Leg
Gerades Bein



3 Knock Knees
X-Bein

Your Result – Dein Ergebnis

A1, A2, B1, B2

Supination → Neutral

A3, B3, C1, C2, D1

Neutral → Overpronation

C3, D2, D3

Overpronation



Blue



Cushion



Yellow



Support



Red



Stability



FOOTDISC[®]

Foot Print – Fußabdruck

- 1** Schuhe ausziehen
Remove shoes
- 2** Ferse in Fersenschale platzieren
Place heel in heelcup
- 3** 10 – 15 Sekunden warten
Wait for about 10 – 15 seconds

Leg Axis – Beinachse

- 1** Mit geschlossenen Knöcheln entspannt stehen
Stand with your legs relaxed and heels together
- 2** Beinachse mit zwei Fingern prüfen
Check leg axis with two fingers

Result – Ergebnis


- 1** Buchstabe Fußabdruck mit Nummer Beinachse kombinieren
Combine letter of arch type with number of static leg axis
- 2** Entsprechende Einlage oder Schuh wählen
Choose the corresponding shoe or insole recommendation

SIZE CONVERTER – GRÖSSENUMRECHNER

The FOOTDISC® device shows your regular shoe size.
For athletic shoes add about one EU-size.

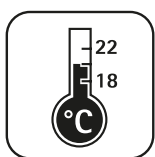
| | | | | | |
|----|----|----|----|-----|-----|
| 50 | 15 | | | 340 | |
| 49 | 14 | 15 | | 330 | |
| 48 | 14 | 14 | 15 | 320 | XXL |
| 47 | 12 | 14 | 14 | 310 | |
| 46 | 11 | 12 | 14 | 300 | XL |
| 45 | 10 | 11 | 12 | 290 | |
| 44 | 9 | 10 | 11 | 280 | L |
| 43 | 8 | 9 | 10 | 270 | |
| 42 | 7 | 8 | 9 | 260 | M |
| 41 | 6 | 7 | 8 | 250 | |
| 40 | 5 | 6 | 7 | 240 | S |
| 39 | 4 | 5 | 6 | 230 | XS |
| 38 | 3 | 4 | 5 | 220 | |
| 37 | 2 | 3 | 4 | 210 | |
| 36 | 1 | 2 | 3 | 200 | |
| 35 | 13 | 1 | 2 | 190 | |
| 34 | 12 | 13 | 1 | 180 | |
| 33 | 11 | 12 | 1 | 170 | |
| 32 | 10 | 11 | | | |
| 31 | 9 | 10 | | | |
| 30 | | | | | |
| 29 | | | | | |
| 28 | | | | | |
| 27 | | | | | |

EU (French stitch) UK UK Kids US Men US Kids US Women Mondo (Millimeter) FOOTDISC INSOLE



More information: www.currex.de. The FOOTDISC logo is a registered trademark of the currex GmbH. FOOTDISC test patent No. EP1844709. Developed and engineered in Germany.

Maintenance – Pflegehinweise



Bei 18 – 22 °C lagern
Store between 18 – 22 °C



Weiches Tuch + Desinfektion
Soft cloth + disinfectant only



Nicht mit Schuhen betreten
No shoes on thermo foil



Keine Sonneneinstrahlung
Avoid direct sunlight



Vor Nässe schützen
Keep dry