



## Semi-Flexible Arch Support for Low-Profile Stability

### Target Consumer:

Athletes looking for semi-flexible support who participate in a variety of physical activities using minimalist or low volume shoes. Consumers seeking semi-flexible support and motion control.

### Recommended For:

Increased shock absorption.  
 Advanced support for the arch and heel.  
 Improved motion control to reduce over-pronation and supination – the leading cause of many common injuries such as plantar fasciitis.

### Components\*:

EVA, TPR, TPU, Fabric w/ Silpure Antimicrobial,  
 Thickness at Heel: 6.50mm (1/4in),  
 Thickness at Forefoot: 4.30mm (11/16in)

### Instructions:

Remove the original insole from the shoe (some brands of shoes glue the insole to the shoe, but careful removal will not damage the shoe). If needed, use the original insole as a guide to trace and trim the Spenco® TOTALSUPPORT™ Replacement Insoles. Insert the Spenco® Insoles into the shoe.

### Care:

Hand wash in warm water. Air dry.

### Sizing Chart:

Size	0	1	2	3	4	5	6
U.S. Women's	3/4	5/6	7/8	9/10	11/12		
U.S. Men's			6/7	8/9	10/11	12/13	14/15
U.K.	2/3	4/5	5/6	7/8	9/10	11/12	13/14
European	32/34	36/38	38/40	40/42	42/44	44/46	46/48

US Patent Nos. 7,665,169; 7,908,768 and various foreign patents

\*Measurements are approximate and vary by size. Silpure is a Registered Trademark of Thomson Research Associates, Inc.

### Features & Benefits:

- 1 **3-POD™ System** promotes healthy biomechanics, absorbs shock and provides cushioning through multi-density impact zones.
  - a. **Stiffer Red POD** counters over-pronation.
  - b. **Softer Blue PODS** help guide the stride.
- 2 **TPU Semi-Flexible Stability Cradle** provides advanced arch support, deep heel cupping and increased flexibility for comfort through the stride.
- 3 **Custom EVA Layer** conforms with normal wear to match the contours of the foot.
- 4 **Low-Friction Antimicrobial Top Cloth** helps prevent blisters and control odor.
- 5 **Metatarsal Arch Support** offloads pressure from the ball-of-foot to help relieve forefoot pain.
- 6 **TPR Air Grid Forefoot Crash Pad** utilizes air pockets to compliment TPR cushioning material providing optimum ball-of-foot cushioning in a low-profile design.
- 7 **First Ray Drop Zone** allows for more efficient, natural toe-off promoting a healthy stride.
- 8 **Forefoot Perforations** increase flexibility and air flow for lasting comfort.

### One-Year Unconditional Guarantee

Item #	Size	Shoe Size	
		Women's	Men's
0816-01-475	1	5-6	–
0816-01-483	2	7-8	6-7
0816-01-509	3	9-10	8-9
0816-01-517	4	11-12	10-11
0816-01-525	5	–	12-13
0816-01-533	6	–	14-15

  
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