

Tell Us Where It Hurts



Relief & Comfort Guaranteed!"

End foot pain...Solve foot problems...Stay active! Don't suffer needlessly — here's help for sore feet...

Congratulations! You've discovered the unique, medical footcare products that foot specialists use and recommend most to their patients. Look carefully through this product guide to find those that will help you, or a loved-one live more comfortably.

We've helped millions of people end their foot pain. Chances are good we can help you, too.

Ask your foot specialist. Ask your healthcare retailer. Get PediFix Medical Footcare, for 'relief and comfort, guaranteed'.™





P.S. Many foot problems don't go away by themselves. If you're suffering, now is the time to act!

New! ^{15 Minute} UV Shoe Sanitizer

Kills Fungus & Bacteria That Can Infect and Re-Infect — Your Feet

For 'Microscopically Clean', More Hygienic Shoes That Don't Smell!

Shoes are warm, dark and damp –

the perfect breeding ground for germs that can infect your feet and make them smell. More effective than sprays and powders that can leave a toxic residue, ShoeZap® is the fast, easy way to kill fungus and bacteria that cause Athlete's Foot, Fungal Nails, Foot and Shoe Odor, Diabetic Infections and more. Keeps shoes 'microscopicallyclean', more hygienic and safe to wear. One size Sanitizer fits all footwear styles and sizes, so ShoeZap® will disinfect every shoe in your home and family -Men's, Women's, Teens and Children. Shoes are the only article of clothing we never clean - until now.

1 Kit

Item P3410

Replacement UV-C Lamps 1/package Item P3411

Toe Straightener Aligns Problem Toes

Reduce pain and friction associated with crooked, overlapping and/ or flexible hammer toes with this comfortable slip-on pad. An adjustable loop gently encourages proper toe alignment while a soft, dual-layer cushion comforts the ball-of-foot area. One and two-toe Straighteners are interchangeable for left or right foot. For three-toe Straightener, choose right or left.

1/package. Specify items: Item P55 (Single-Toe) Item P57 (Double-Toe) Item P58 (Triple-Toe)

Tea Tree Ultimates® **FungaSoap**[®]

Naturally Washes Away Fungus and Bacteria with Tea Tree Oil

Win the fungus battle! This patented soap features Tea Tree Oil – used since ancient times to fight germs and as a natural antiseptic to prevent infection. Our exclusive formula can help relieve athlete's foot and control odor. Also effective as an overall body wash to help alleviate skin rashes and irritations, ringworm, acne, itching, sweating and more. If you have a foot or body skin condition, try FungaSoap[®] today.

6 oz. 1 bottle Item P3071

13.5 oz. 1 bottle Item P3072

Tea Tree Ultimates® Neu Foot Wipes

The new way to clean, deodorize and refresh feet fast!

Specially-formulated to wipe away sweat and odor, dirt and grime, fungus, bacteria and germs. Quick and easy foot hygiene, especially when a shower or bath is impractical. Use daily during diabetic foot inspections. Residue-free. Alcohol-free. 100% natural ingredients include Tea Tree Oil, Aloe, Vitamin E and Peppermint. Lightly scented.

25 Wipes/Package. Item P3370

"...the only thing that's relieved our skin conditions" Agnes L., Orlando, FL

\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$



P57

Developed by







P58



P55







Lined with soft Gel

Thicker Distal End

Comfort Vent

Visco-GEL[®] Fabric-Covered Toe Protector

Provides Complete Toe Comfort

Take a stand against corns, ingrown nails, blisters and other toe irritations and protect them so they can heal naturally. This soft fabric cap stretches over your entire toe and completely surrounds it with vitamin-enriched Gel to absorb pressure and friction while releasing mineral oil to soothe and moisturize skin. No messy adhesives. Trimmable.

Specify Small (fits most), Large or Extra Large. 1/package. Item P82

Visco-GEL[®] All-Gel Toe Cap

Cushion and Protect Sore Toes

Surround toes with soft Gel protection. Thin side wall design takes up less space in shoes, 'Comfort Vent' for breathability, extra padding for toe-tip protection. Relieves pain

from corns, 'hammer' and crooked toes, ingrown nails, more.

Specify Small, Large or Extra Large. 1/package. Item P80





Thin Wall



Podiatrists' Choice[®] Nylon-Covered PolyFoam[™] Toe Cap Ends Toe Pain Instantly

Surround your toe with soft foam and relieve discomfort from corns, ingrown nails, blisters and other toe problems. A nylon cover and additional toe-tip padding provide extra durability and comfort.

Specify Small, Medium or Large. 1/package. Item P34



3-Layer Toe Separators[™] Divide Toes and Conquer Pain

Separate your crooked toes to relieve between-toe corns, blisters, pinching and cramping. These soft cushions soothe and prevent irritations by absorbing pressure with their durable, threelayer foam design. Trimmable.

Each package contains 6 Separators of Small, Medium, Large, or Mixed sizes. • Item P280

Visco-GEL[®] Toe Separators Divide Crooked Toes Comfortably

Our soft Gel cushions help absorb pressure and friction to relieve rubbing, pinching, cramping and between-toe corns. Their vitamin-enriched gel also releases mineral oil to soften and moisturize skin.

Specify Small, Large, or Extra Large & Thick (Small fits most toes) 2/package. Item P31

'4 in 1' Super Soft Toe Cushions™ Gently Separate, Cushion

and Protect Toes

These soft foam cushions divide toes to absorb pressure and friction while comforting corns and other toe irritations. They also keep the space between toes dry and help athlete's foot medications stay in place. Great for pedicures, too. Trimmable.

One Size Fits Most. 2/package. Item P83 Large

Medium

Small



FELTastic[®] Corn Protectors Cushion Corns with Softness

Protect your feet from shoe pressure and friction while allowing corns to heal naturally. Self-adhesive backings keep them securely in place. Great for small blisters, too. Trimmable.

One Size Fits Most. 10/package. Item P15

FELTastic[®] Callus Protectors

Take Pressure Off Sore Spots

These soft pads instantly absorb pressure and friction while comforting calluses, blisters and other foot problems. Self-adhesive backings keep them securely in place. Trimmable.

One Size Fits Most. 8/package. Item P16

Visco-GEL[®] Little Toe Sleeves[™] Specially Designed to Fit the 'Pinky' Toe

Unique Gel soothes irritations and allows them to heal naturally with this sleeve, sized just right to fit your little toes. Soft gel absorbs pressure and friction to relieve pinching and cramping. Helps corns, blisters, ingrown nails and other irritations. Fits comfortably in most shoes.

One Size Fits Most. 2/package. Item P32

Visco-GEL[®] Fabric-Covered Toe Tube Soothes and Protects Sore Toes

Solutions and Protects Sole Toes Soft fabric with Gel lining surrounds and separates toes. Cushions and protects to relieve corns, between-toe friction and irritation. Trim to fit to your event needs. Choose Small for

your exact needs. Choose Small for most toes, Large for big toes.

1, 6-inch piece/package. Item P1202

Great for the backs of heels, too!

"...the products are great. They have made a difference in my parents' everyday life" Dr. L., Pittsburg, PA

Trim to Fit

Comfort ToeWraps[™]

Straighten Crooked Toes

Soft, thin, fabric-lined, adjustable foam loops help align and separate crooked, overlapping or 'hammer' toes. Closed loop encircles one toe, free end wraps around adjacent toe to 'buddy-up', stabilize, gently divide and reposition. Relieve irritation between toes that rub. More comfortable, convenient, and longer-lasting than tape. Effective splint for broken, stubbed, and injured toes, and post-op bandage following toe surgery. Hook and loop closure. Washable, reusable. 7/8″ width tapers to 1/2″.

One Size Fits Most. 2/package. Item P6055

Visco-GEL[®] Corn Protectors

Soft Gel Inside

New

Relieve Painful Corns Instantly

Allow corns to heal naturally and prevent them from coming back. Slip on these soft bandages and their comfortable Gel pad will absorb pressure and friction. Visco-GEL® releases mineral oil and vitamin E to soothe and moisturize skin. Great for blisters too. Fabric stretches for a custom fit. No messy adhesives.

Specify Small or Large (Small fits most toes). 2/package. Item P81

Soothing gel lines one side of the bandage's interior.

Visco-GEL[®] All-Gel Digital Tubes Surround & Divide Sore Toes

Soft Gel Tubes cushion and protect toes from pressure and friction, separate toes that rub. Relieve corns, crooked and overlapping toe irritations. Fit comfortably in most footwear.

Each package contains 1 small, 1 medium size that fit most toes. 2/package. Item P338

Tubular-Foam Toe Bandages™

Surround, Cushion and Protect Toes

These soft, foam tubes instantly cushion and separate toes that rub while reducing pressure and friction. Relieve corns, ingrown nails and other irritations comfortably while wearing almost any type of footwear. Trimmable.

Each package contains three, 3-inch long bandages of Small, Medium, Large, or Mixed sizes. • Item P337



Great for fingers too!



Toe Comfort



Hydrates Toe Top Corns, Takes pressure off sore toe tips



Visco-GEL[®] New! Hammer ToeCrutch[®] Relief for Hammer or 'Claw' Toes Innovative New Single-Toe Design

Specially contoured to support the sulcus, elevate toe tip and relieve distal pressure. Helps involve hammer and claw toes in gait for improved biomechanics. Soft, extra-wide, Visco-GEL® toe loop protects, hydrates & softens typical 'PIP' toe-top corns, and keeps device in place. Small has a 12.5mm diam., Medium has a 15mm diam., Large has a 20 mm diam.

Specify Small, Medium or Large. 2/package.

Item P1037

Visco-GEL[®] Hammer Toe Cushion Supports Bent-Under Toes,

Relieves Toe-Tip Pressure

This special Gel cushion will ease pressure on toe tips to help prevent corns, calluses and blisters. Also soothes ball-of-foot pain often associated with hammer, claw or mallet toe conditions. Stretchable gel ring holds cushion in place without adhesives. Durable, washable and reusable for months.

Specify Small, Medium or Large, Right or Left. 1/package. Item P53

Soft Felt Hammer Toe Cushion Comforts Bent-Under Toes

Soft felt pad will instantly support your hammer, claw, mallet and/ or arthritic toes while easing pressure on toe tips to help prevent corns, calluses and blisters. It can also soothe related forefoot pain. Adjustable toe loop holds cushion securely in place. Soft felt top cover.

Specify Small, Medium, Large, or Extra Large, Right or Left. 1/package.





Soft Felt and Visco-GEL® Hammer Toe Cushion Sizing Small fits Women's Shoe Sizes 4-7

Medium fits Women's Shoe Sizes 4-7 Medium fits Women's Shoe Sizes 8-10, Men's 6-8 Large fits Women's Shoe Sizes 11+, Men's 9-10 Extra Large fits Men's Shoe Size 11+

Visco-GEL® ToeBuddy® Bunion Guard

Separates, Aligns, Cushions and Protects

Two loops keep a soft Gel spacer in perfect position between first and second toes to separate and align. Contoured Guard absorbs pressure and friction to relieve bunion pain. Exclusive Visco-GEL® soothes and softens skin. Thin design fits in most footwear styles and makes shoes more comfortable. Washable, reusable and effective for months.

One Size Fits Most. 1/package.

Item P1038

Nighttime Bunion Regulator™

Counteracts the strain that causes pain and deformity

This unique splint works while you rest or sleep to relieve bunion pain. It holds the crooked big toe in its proper, natural, and correct position to ease discomfort, stretch and strengthen foot muscles and ligaments. Fully adjustable to your exact comfort needs. Recommended to patients as an alternative to bunion surgery.

Specify Small, Medium or Large and Left or Right. (Fits Shoe Sizes — Small: Women's up to 7; Medium: Women's 8–10 & Men's 6–8; Large: Women's 11+ & Men's 9+.) 1/package. Item P6035

Pedi-Smart[®] Toe Trainers[®] Splint Problem Toes

Ease pain by separating and straightening crooked, broken and/or hammer toes with these soft, fabric-covered splints. They feature adjustable Velcro® fasteners to secure a comfortable fit. Require minimal space in shoes. Fit left or right foot. Trimmable.

One Size Fits Most. 2/package. Item P51





Visco-GEL® **Toe Spacers Divide Sore Toes**

These soft Gel positioners separate your big toe and second toe to help maintain proper alignment, prevent rubbing and relieve pressure on bunions. The vitamin-enriched Gel releases mineral oil to soothe and moisturize skin. Interchangeable for left or right foot.

Specify Small, Medium or Large (Medium size fits most) 2/package. Item P28

Visco-GEL® 'Stay-Put' Toe Spacers™ Gel Loop Keeps Spreader in Place

Gel toe spacers are great, but sometimes they move out of position. Our new, anatomically-shaped Spacer has a soft Gel toe loop that solves the problem, keeping the Gel pad in place.

Specify Medium (fits most) or Large size. 2/package.

Item P27

Visco-GEL[®] ToeBuddy[®] & Little ToeBuddy® Separate & Align Toes That Rub

Two, soft Gel toe loops keep a contoured Spacer in place between first and second toes to separate, align, prevent corns, rubbing and friction. Helps keep crooked toes straight to relieve pressure on bunions, too. Fits left or right foot. Washable. Reusable. One Size Fits Most.

ToeBuddy® Item P33 – 1/package Little ToeBuddv® For Smaller Toes Item P35 – 1/package



These soft, durable spacers separate your big and second toes to help maintain proper alignment, prevent friction and relieve pressure on sore bunions. Interchangeable for left or right foot.

Note: Product contains natural rubber latex which may cause allergic reactions.

Gel loop fits on either toe



Medium size fits most, Small and Large sizes also available. 2/package. Item P229

Visco-GEL[®] Bunion Guard

Absorbs Pressure... Eases Pain

This soft, Gel shield cushions and protects sore bunions from pressure and friction. Visco-GEL® is enriched with vitamin E and mineral oil to soothe and moisturize skin. Slim design fits easily in most shoes. Soft, stretchable toe loop holds Guard in place without adhesives. Washable and reusable for months.

One Size Fits Most. 1/package. Item P46-L

Visco-GEL[®] Little Toe Bunion Guard

Absorbs Pressure... Eases Pain

Specially-designed Gel cushion helps protect against irritation at the base of the little toe often called a 'Bunionette' or 'Tailor's Bunion'.

One Size Fits Most. 1/package. Item P46-S Ultra-thin Design

"Relieved my pain instantly" Sally F., Akron, OH

> Stretchable Toe Loop

Visco-GEL[®] Dual-Action Bunion Fix[™] Double Relief!

Two products in one! Soft Gel Spacer separates first and second toes that rub and helps align mild bunions, while the attached, contoured Gel Guard cushions and protects the painful bunion joint at the base of the big toe.

One Size Fits Most. 1/package. Item P47

Visco-GEL[®] Bunion Relief Sleeve

Ends Bunion Pain Instantly

Soft Gel pad cushions and protects bunions from shoe pressure and friction. Soft'N Stretch™ fabric sleeve positions the Gel comfortably, without adhesives. Spacious shoes will best accommodate its 1/8″ thickness. Interchangeable for left or right foot.

Specify Small (fits shoe sizes 5-9 and average width feet) or Large (fits sizes 10+ and wide feet). 1/package. Item P1303







Podiatrists' Choice[®] Ball-of-Foot Cushion

Extra Metatarsal Padding

Help prevent callus development and ease your ball-of-foot pain by absorbing shock and reducing friction. This soft, double-layer foam pad stays securely in place with a comfortable toe loop and features a nylon cover for extra durability. Great for thin-soled footwear.

One Size Fits Most. 1/package. Item P88

Visco-GEL[®] Ball-of-Foot Cushion Soft Gel Forefoot Protection

Specify Small (4-8) or Large (9+), Right or Left 1/package. Item P3004



P3004

Great for women's and men's shoes

Metatarsal Shoe Cushions

Ball-of-Foot Relief is Here

Just place these durable foam cushions in your shoes to instantly absorb shock and reduce pressure on the balls of your feet. These self-adhesive pads will help prevent calluses and stop your feet from sliding forward in your shoes. Great for thin-soled footwear.

One Size Fits Most. 1 pair/package. Item P90





Helps Relieve Metatarsal Pain

Stretchable fabric positions the soft Gel cushion to protect the forefoot. For use under or over socks, or barefoot. Thin profile fits comfortably in most shoes. Washable and reusable for months. Interchangeable for left or right foot.

Small fits narrow and average width feet. Large fits wide feet. 1/package. Item P1295

FELTastic[®] Metatarsal Support Pads

Ease Ball-of-Foot Pain Instantly

Contoured pads provide orthopedic support to delicate metatarsal bones to cushion, protect and relieve forefoot pain more effectively than 'flat' pads. Take pressure off painful calluses and 'dropped' metatarsal heads. Soft, durable, 100% wool felt conforms to your foot for a custom fit. Self-adhesive backings keep them in place in shoes.

Small fits shoe sizes 6-9, Medium fits 9+ 1 pair/package. Item P86

Visco-GEL[®] Ball-of-Foot Protection Sleeve

Cushions & Protects Completely

Soft'N Stretch[™] fabric sleeve positions a thick Visco-GEL[®] pad under the forefoot comfortably, without adhesives. Protects metatarsal heads, absorbs shock to relieve ball-of-foot pain, prevents calluses and makes shoes more comfortable. Spacious shoes will best accommodate its approximate 1/8th inch thickness.

Specify Small or Large, Right or Left. Small fits shoes sizes 6-9 and average width feet, Large fits shoe sizes 9+ and wide feet. Item P1225

Pedi-Patch™ Self-Adhesive Moleskin Foot Protection Pads

All-day pain relief for calluses, tender spots and sensitive areas

Soft, specially-shaped, self-adhesive 'Moleskin' flannel protective 'patch' is recommended by foot specialists to cushion and protect the ball of foot/metatarsals from friction and irritation. Eases pain from calluses and sensitive skin. Doesn't take up any space in shoes. Also effective on back of heel and other spots shoes can rub.

One Size Fits Most. 6/package. Item P2105 Soft Gel Inside

New!





Heel Straights™ Correct Heel Posture and Prevent Uneven Shoe Wear

These inserts can instantly control incorrect foot rotation and stop heel

rollover. They also relieve pressure on ankles, knees, hips and back while reducing uneven shoe wear.

Specify Small, Medium or Large. (Fits Shoe Sizes—Small: Women's 5-7; Medium: Women's 8-10 & Men's 6-8; Large: Women's 11-13 & Men's 9-11.) 1 pair/package. I tem P316



Fits discreetly in footwear.



Use "as is" for a 3/8″ elevation or simply peel off individual 1/8″ layers to get your desired thickness.

Peel-Away™ Adjustable Heel Lift Fixes Leg-Length Differences, Back

Pain, Achilles Strain, Heel Pain Make your life more comfortable with this simple cushion. It balances leg length discrepancies that can cause hip and back pain. It relieves strain on the Achilles' tendon and foot

or right foot. Specify Small, Medium or Large. (Fits Shoe Sizes—Small: Women's 4-7; Medium: Women's 8-10 & Men's 6-8; Large: Women's 11+ & Men's 9+.) 1/package.

arch to ease heel pain. Fits left

ltem P6582

Pedi-Smart[®] Heel Hugs[™] No More Heel Blisters or Snagged Hosiery

Instantly stop shoes from slipping off and rubbing against the back of your heels. These soft foam cushions also absorb shock to soothe and protect sore heels. Self-adhesive backings allow easy positioning in women's or men's footwear. Trimmable.

One Size Fits Most. 2/package. Item P68

Great for women's AND men's shoes

Heel Relief

14

Double-Action Gel Heel Cushions Removable Disc to Ease

Heel Spur Pain

These soft Gel Cushions protect heels with every step. The exclusive circular wave pattern absorbs shock and disperses pressure to ease pain and make walking, running or standing more comfortable. If you have a heel spur, remove the center disc to offload pressure or pain from sore area.

Specify Ladies' or Men's. 1 pair/package. Item P5040

FasciaFIX® <u>New!</u> Plantar Fascia Stretching Sock

Helps Relieve Heel & Plantar Fasciitis Pain Faster

Soft, sock-like foot covering with adjustable strap that keeps your foot stretched while resting or sleeping. Helps prevent microscopic tearing of plantar fascia ligament, speeds healing.

Specify Small, Medium or Large. 1/package. Item P6045

P84 Original Tuli's®

Sizing Chart

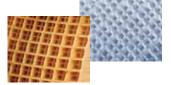
Removable Discs

Small fits Calf Circumference less than 7 3/4" Medium fits Calf Circumference 7 3/4 – 15 3/4" Large fits Calf Circumference greater than 15 3/4"

P85 Gel Tuli's®

Tuli's[®] Heel Cups Shock Absorbers for Sore Heels

These innovative 'waffle' heel cups compress and rebound with every step to absorb shock and ease heel pain. Help make standing, walking and running more comfortable. Reduce pressure on your arches, ankles, legs and back, too.



Cushioning 'waffle' Design

Specify Size: Regular fits body weight up to 175 lbs. Large fits body weight over 175 lbs. 1 pair/package. Item P84 Original Tuli's® Item P85 Gel Tuli's®

New!

FasciaFix[®] Sizing

Small–	5″-7.5″ arch circumference
	Shoe sizes W4-6.5
Medium-	7.5"-10" arch circumference
	Shoe sizes M6-9.5 or W7-10.5
Large-	10"-12.5" arch circumference
	Shoe sizes M10-13 or W11+
XLarge-	12.5"-15" arch circumference
	Shoe sizes M13.5+



ltem 6060-7, 7-pack Item 6060-21, 21-pack

FasciaFix[®] Plantar Fasciitis Relief Sleeve Relieves Heel & Arch Pain

FasciaFix® Plantar Fasciitis Relief Sleeve is a unique, multi-zone compression sleeve with a knitted pattern and subtle 'nodules' that help relieve pain and swelling associated with plantar fasciitis. Supports the arch and plantar fascia ligament to help stop heel pain. Promotes healing, enhances circulation and helps minimize the effects of inflammation. Thin enough to be worn under or over socks. Comfortable for all day or all night use. Sizing is approximate and based on Arch Circumference.

Specify Small, Medium, Large or XLarge. 1/package.

ltem P6023 🛑

Arch Support Bandage with Metatarsal Pad All-Day Relief for Sore Feet

Elastic bandage with metatarsal pad provides mild arch compression and support to keep feet comfortable, balanced and aligned. Contoured pad lifts and separates metatarsals to relieve neuroma, ball-of-foot pain and calluses. Midfoot compression helps relieve heel, arch and bunion pain. Interchangeable for right or left foot.

Specify Small, Medium or Large. 1/package. Item P6002

Plantar Fascia **New!** Relief Strips

Instant Help for Heel Pain!

Specially-shaped moleskin strips adhere to the soles to help ease strain on the plantar fascia ligament for immediate relief of heel pain. These replicate the foot's load-bearing structure to reduce heel, arch and foot pain, especially related to plantar fasciitis. Help limit excessive pronation, or flattening. 7 strips per package (1 per day per foot), easy-to-apply. Stays in place while at rest or during physical or athletic activity. Trimmable.

One Size Fits Most. Available in 7/package or 21/package.

16 Arch Supports & Specialty Insoles

End Foot Pain with GelStep[®] Insoles

Super Silicone Protects Feet Best GelStep[®] insoles are made from 100% medical-grade silicone — the most effective cushioning material available AND the most durable! Silicone compresses, then rebounds instantly to absorb shock, relieve pressure and support feet to make standing, walking and running more comfortable. 'Blue Zones' are areas of softer gel for extra cushioning and protection. Available with anti-odor, anti-microbial fabric top covers that absorb perspiration, reduce friction and improve comfort. Washable and reusable.

GelStep[®] Insole & Orthotic Sizing

Small fits Women's Shoe Sizes 5-7 Medium fits Men's sizes 6-7 ½, Women's 7 ½-9 ½ Large fits Men's sizes 8-9, Women's 10-12 Extra Large fits Men's sizes 9 ½-11 XX Large fits Men's sizes 11 ½-12 ½





GelStep® Full-Length Replacement Insole, 1 pair/package Item 7050-C, Small Item 7051-C, Medium Item 7052-C, Large Item 7053-C, XLarge Item 7054-C, XXLarge



GelStep® 3/4-Length Insole 1 pair/package I Item 7000-C, Small Item 7001-C, Medium Item 7002-C, Large Item 7003-C, XLarge Item 7004-C, XXLarge

GelStep[®] Thin Dress Insole 1 pair/package ● Item 7029-C, Small

- ltem 7030-C, Medium
- ltem 7031-C, Large

Super Silicone GelStep[®] Heel Cups Proven Effective for Heel Pain, Spurs

If your heels hurt, especially upon rising in the morning, you might be suffering from *plantar fasciitis* or heel spur syndrome — a strain of the ligament on the bottoms of your feet. GelStep Heel Cups relieve this discomfort immediately and take pressure off the over-stretched ligament to help it heal. They effectively absorb the impact of walking to cushion, protect, and ease pressure on ankles, knees, hips and back.

GelStep® Heel Cups Sizing

Small fits Women's Shoe Sizes 4-7 Medium fits Men's sizes 6-8 ½, Women's 7 ½-10 Large fits Men's sizes 9-11 ½, Women's 10 ½-12 Extra Large fits Men's sizes 12-14 ½, Women's 12+ XXX Large fits Men's sizes 15+



1 pair/package Item 5050-C, Small Item 5051-C, Medium Item 5052-C, Large Item 5056-C, XLarge

Item 5057-C, XXLarge

Arch Supports & Specialty Insoles 17

Gently compresses to relieve pain

"I have been miserable with plantar fasciitis for the last few months. All the shoe inserts and costly orthotics were ineffective – until I picked up one of your Arch Bandages. My heel pain went away within 12 hours. I can't tell you how grateful I am. I would recommend this product in an instant. Thank you so much!" Anne H., Big Rapids, MI

Arch Support Bandage Relieves 7 Common Foot Pains

Soft elastic bandage gently squeezes the arch to provide support and extra stability to comfort sore, tired feet. Helps ease heel pain and plantar fasciitis, supports flat feet and fallen arches. Soothes bunion, forefoot and neuroma pain, too. Unlike bulky insoles, its thin design takes up very little space in shoes. Washable, reusable and effective for months.

Sizing is approximate midfoot/arch circumference: Specify Small for narrow feet, 7", Medium for average feet, 8", Large for wider feet, 9", XL for wide feet, 10" midfoot measurement. 2/package.

Item P60





Pedi-Smart® Arch Brace Raises Your Arch to Lower Your Pain

Plantar fasciitis, flat feet or fallen arches got you down? Then strap on this brace and instantly lift your plantar fascia to ease related toe, bunion, ballof-foot and/or heel problems, including painful heel spurs. Simply adjust its Velcro[®]-covered straps, then put on your roomy shoes and go. Interchangeable for left or right foot.

Specify Small or Large. (Small fits Women's shoe sizes up to 9, Men's to 8, Large fits Women's 10+, Men's 9+) 1/package.

ltem P61 🗧

Visco-GEL[®] Arch Support Wrap Relieves Heel and Arch Pain

Stretchable fabric positions a soft silicone Gel pad under the arch to provide support and cushioning. Helps ease pain, lift fallen arches, and distribute body weight more evenly—away from sore heels or forefoot. Designed for wear under or over socks, or even when barefoot! Thin profile fits in most shoes. Washable and reusable for months. Interchangeable to fit left or right foot.

Specify Small (fits narrow and average width feet) or Large (fits wide feet) 1/package. Item P1291



Covered gel pad

18 Arch Supports & Specialty Insoles

Arch Cradles®

Orthopedically Designed to Ease Foot Pain

Cradle your feet with care. These 3/4-length orthotics fit comfortably in most footwear to gently support your weak or flat arches, stabilize your heels, and protect the balls of your feet.

Sizes:

XSmall (fits Women's 5-6) Small (fits Women's 5-6) Medium (fits Women's 9-10, Men's 7-8) Large (fits Women's 11+, Men's 9-10) XLarge (fits Men's 11-12) XXLarge (fits Men's 13-14) 1 pair/package. Item P182 (trim-to-fit) Fit in Sneakers, Boots Heel Cushion and Dress Shoes

Arch Support

Metatarsal Support

Gel Work Insoles for Men

All-day comfort in sneakers, boots and dress shoes!

Unique, patent-pending support system provides comfort and shock absorption. Memory foam layer conforms to foot contours like custom-made orthotics. Air perforations boost circulation to keep feet cool and dry.

One Men's trim-to-fit size fits shoe sizes 8-13. 1 pair/package. • Item P185

Clear Comfort™ Insoles for Women

Make Pumps and Flats More Comfortable!

Soft Gel absorbs heel shock, supports your arch and cushions ball-of-foot. Thin, ¾-length design fits in all shoes. Great for high heels, flats and boots.

Fits shoe sizes 6-10. 1 pair/package. Item P225



Metatarsal Support Pads

Ball-of-Foot Pads

Callus Pads

Arch Pads

Pedi-GEL[®] Self-Sticking Shoe & Foot Pads

Cushion and Protect to Relieve Pain

This unique new material adheres directly to skin or to the insides of shoes — whichever is preferred — to provide extra foot cushioning and support. Self-sticking Gel is washable and reusable, providing long-lasting relief from foot pain or shoe pressure. Choose a pre-made shape to relieve your specific discomfort, or make your own from flat sheets.

Ball-of-Foot Pads

Item P8201, 2/package

Arch Pads Item P8202, 2/package

Callus Pads ● Item P8203, 2/package

Dancer's Pads

Item P8204, 2/package

Trim-to-Fit Sheets

Item P8205, 2/package

Corn Cushions

Item P8206, 12/package

Reusable Callus Cushions Item P8207, 6/package

Metatarsal Support Pads Item P8208, 1 pair/package



Sheets (2″ x 3 ½″)

Dancer's Pads

Reusable Callus Cushions

Corn Cushions

20 Foot & Shoe Cushioning

Specialty Socks For Unique Needs

These innovative socks have hand-sewn toe seams to eliminate irritating ridges — a feature that provides extra comfort to all feet, especially those with special needs. An anti-bacterial finish protects against germs and a cross-stretch construction conforms to feet without binding or bunching.



SeamLess[™] Socks offer hand-sewn toe seams to eliminate irritating ridges. Durable fibers help these socks return to their original shape after laundering.

SeamLess™ Everyday Socks

Specify Small, Medium/Large or Extra Large. 1 pair/package. White Item P795

Material Content: 94% Cotton, 5% Nylon, 1% Elastic.

SeamLess™ Oversized Socks

SeamLess[™] Oversized Socks feature extra wide tops that expand to 18″ to fit easily over enlarged feet, ankles, calves.

Specify Small, Medium/Large or Extra Large. 1 pair/package. White Item P798

Material Content: 96% Cotton, 4% Elastic

SeamLess[™] Sock Sizing Chart

Small fits Women's Shoe Sizes 5-7 ½, Men's 4-6 ½ Medium/Large fits Women's Sizes 8-10 ½, Men's 7-9 ½ Extra Large fits Women's Sizes 11-13 ½, Men's 10-12 ½

> Stretches to 20 inches... great as a cast cover

Stretch Socks™

Stretch Socks[™] expand to 20[″] inches to fit enlarged feet, ankles, calves, and over casts or bandages. Extra padding for more protection, too. Micro-COOL[™] fiber treatment helps these absorb perspiration.

Specify Medium, Large or Extra Large. (Fits Wide Shoe Sizes—Medium: Women's 7-9 & Men's 6-8; Large: Women's 10-13 & Men's 9-12.)

1 pair/package. White Item P760

Material Content: 96% High-Bulk Acrylic, 4% Lycra®

'No Ridge' toe seam

Recommended for Diabetics

Stretches to 18 inches

Recommended for Diabetics

Extra padding from the back of heels to the tops of toes

Specialty Socks 21

Recommended for Diabetics





These unique Soft'N Stretch[™] fabric sleeves position protective Gel where you need it most to relieve Achilles strain or injury, ankle bone pressure or top-of-foot rubbing in boots, skates, athletic or everyday shoes. Visco-GEL[®] absorbs pressure, friction, shock and shear and cushions these sensitive areas. Slim designs fit comfortably in most footwear. Choose the Sleeve that offers protection where you need it most.

Small Fits Women's shoe sizes to 9, Men's to 7. Large fits Women's shoe sizes 9+, Men's 7+

Visco-GEL[®] Achilles Protection Sleeve Specify Small or Large. 1/package. Item P1400

Soft Gel Inside



Visco-GEL[®] Skate & Boot Protection Sleeve Specify Small or Large. 1/package. • Item P1408

Soft Gel Inside

Visco-GEL® Ankle Bone Protection Sleeve One Size Fits Most. 1/package. • Item P1405

> Soft Gel Inside Protects Both Sides of Ankle





Pedi-Smart[®] Compression Anklet Relieves Pain, Swelling

Soothes Sprains, Strains, Injuries

This unique, comforting, Germanmade Ankle Compression Sleeve helps minimize ankle and calf swelling and pain to speed healing after ankle sprains, arch strains, ankle or foot surgery. Special fabric and sewing technology is cool and comfortable, with exclusive ankle-hugging knit design. Measure ankle just above "ankle bone". Specify Small (8"–8 ¾"), Medium (8 ¾"–9 ½"), Large (9 ½"–10 ¾"), XLarge (10 ¾"–11"), XXLarge (11"–11¾") Now available in Black! Discreet compression support for fashionconscious patients.

#6021

Beige 1/package. Item P6020

Black 1/package. • Item P6021

The information in this catalog is not intended to replace professional care. If your foot problems persist or worsen, visit a podiatric or orthopedic foot specialist. If you have diabetes, see your doctor regularly and take extra good care of your feet.

©2019 PediFix, Inc. Printed in the USA

3-Layer Toe Separators, "4 in 1" Super Soft Toe Cushions, Action Orthotics, Arch Cradles, Bunion Relievers, Callus Control Cream, Clear Comfort, DaySplint, Deep-Healing Foot Cream, Diabetic Defense, Dual-Action Bunion Fix, ExtraArches, FasciaFIX, FeatherStep, FELTastic, FootReacher, ForefootSlant, FungaSoap, FungaZoil, GelStep, Gel Ultimates, Hammer ToeCrutch, Hammer Toe Wrap, Heel Hugs, Heel-So-Smooth, Heel Straights, Little Toe Sleeves, Nighttime Bunion Regulator, NoBend, the No Fungus symbol, the No Sore Feet symbol, PediFix, Pedi-Stel, Pedi-Patch, Pedi-Ouick, Pedi-Smart, Peel-Awae, Pediatrist' Choice, PolyFoam, SeamLess, ShoeZap, Soaking Crystals, Soft'N Stretch, SoreSpot, Stay-Put Toe Separators, Stay-Put Toe Spacers, Step-N-Smooth, Stretch Socks, Tea Tree Ultimates, Toe Trainers, ToeBuddy, ToeCoach, ToeWraps, Tubular Foam Toe Bandages and Visco-GEL are trademarks of PediFix, Inc.

LiquiCell is a registered trademark of Birchwood Laboratories, Inc.

Lycra is a registered trademark of E.I. du Pont de Nemours and Company.

PediLux4 is a registered trademark of Podiatric Remedies USA, LLC.

Tuli's and TuliGel are trademarks of Medi-Dyne Healthcare Products, Ltd.

Velcro is a registered trademark of Velcro Industries.

Common Foot Problems and Solutions



Corns: Hardened spots of thickened skin on toes that protect skin and underlying bones from excess pressure and friction.

Solutions: Pads, cushions, files, change shoes that rub, add arch supports to footwear to redistribute forces and alter foot function.

Calluses: Hardened areas of skin that thicken to protect skin and underlying bones from excess pressure, friction.

Solutions: Pads, cushions, files, change shoes that rub, add arch supports or ball-of-foot pads to shoes to redistribute forces and alter foot function. Moisturizing creams or exfoliating scrubs.

Warts: Round, colored, textured skin spots caused by a virus. Generally harmless, but sometimes sensitive to pressure.

Solutions: Pads, cushions, wart removers, professional treatment.

Foot Odor: Smelly shoes, socks and feet, often caused by bacteria and excess perspiration.

Foot Fungus: Athlete's Foot causes skin itching, cracking, peeling and odor.

Solutions: Wash and dry feet thoroughly, wear and change socks frequently, change shoes regularly so they dry, add absorbent insoles to shoes, apply creams, powders and/or deodorants to feet, foot soaks to clean and deodorize.

Bunions: Thickening, deformity of the bone and/or inflammation of tissues around the big toe joint, sometimes accompanied by a crooked big toe.

Solutions: Pads and cushions can protect the sensitive bunion area or separate toes that rub. Wider shoes reduce shoe pressure and friction. Arch supports and lower heel heights ease foot strain that can contribute to bunions.

Hammer Toes: Flexible or rigid bent-under toes can cause toe-tip and toe-top corns, ball of foot pain.

Solutions: Pads, cushions, caps that straighten, support or protect toe tips and tops. Change to roomier shoes, add arch supports or ball-of-foot pads to footwear to redistribute forces and alter foot function.

Crooked Toes: Flexible or rigidly crooked toes can cause irritation and pain.

Solutions: Pads, cushions, caps, separators can help align flexible toes. Change to roomier shoes.

Heel Pain: Most often the result of a strain of the 'plantar fascia' ligament on the bottom of the foot, hence the medical term 'plantar fasciitis'.

Solutions: Arch supports, heel cushions, stretching, night splints, massage, injections to reduce inflammation and patience — this can be a difficult condition to treat. Take action at the first sign of heel pain.

Pump Bump: Rubbing of the heel against the insides of shoes causes pain, blisters.

Solutions: Shoe pads, heel cushions, better fitting shoes.











Neuroma: Inflammation or benign growth of a nerve, most commonly at the base of the third or fourth toes.

Solutions: Change to roomier shoes, add arch supports or ball-of-foot pads to footwear to redistribute forces and alter foot function.

Ball-of-Foot Pain: Often the result of irritation to the foot bones or 'metatarsals', hence the medical term 'metatarsalgia'. As we age, the natural 'fat pad' that protects our feet grows thinner, making us increasingly susceptible to this condition.

Solutions: Pads, cushions that provide extra protection or support. Change shoes, add arch supports or ball-of-foot pads to footwear to redistribute forces and alter foot function.

Nail Fungus: Common fungus gets under nails and spreads, causing discoloration (yellowish, brownish), flaking, thickening, discomfort, odor and embarrassment.

Solutions: If caught early, topical anti-fungal liquids can help improve nail appearance, but once the infection takes hold under the nail, these are less effective. Seek professional care — the sooner the better — the longer the infection has to get established, the more difficult it is to treat. New treatments are being tested, including lasers that kill the fungus, oral drugs (though these can cause sideeffects) and new, more powerful liquids that can penetrate the nail bed.

Diabetes: Diabetes can cause neuropathy — a loss of feeling in the feet — making it hard to notice small sores. Diabetes can prevent small foot sores from healing. Foot sores that don't heal are called 'ulcers'. Ulcers that don't heal can lead to foot and leg amputations.

Solutions: If you have diabetes, you MUST TAKE EXTRA GOOD CARE OF YOUR FEET. And if you know or love someone with diabetes, you'll do them a great favor by volunteering to help. Quite often, people with diabetes are unable to perform some of these steps.

Inspect feet daily. Look for early signs of skin breakdown, including blisters, corns, calluses, reddened spots or areas.

Wash feet every day & dry them thoroughly, especially between toes.

See a Podiatrist regularly for a professional foot inspection —at least once a year, twice or more if you have problems. Free foot screenings are widely available.

Make sure shoes fit properly—too small, too short, or too narrow can cause pressure spots.

Don't go barefoot. You can damage your feet too easily.

Take care of toenails. Trim them carefully and properly. Get help if you can't do this yourself.

Don't wear socks that restrict circulation, bunch, crease or cause sore spots.

Don't self-treat foot problems with anything elastic or acidic.

The obvious: Control your blood sugar. Don't smoke. Exercise regularly.

For more information, ask your doctor or visit www.pedifix.com









Visco-GEL[®] Moleskin Protective Padding Superior to Traditional Moleskin

This self-adhesive, triple-action gel padding will cushion, protect and moisturize as it absorbs pressure and friction. Visco-GEL silicone is perfect for corns, calluses, bunions, blisters, heels and more. Washable and reusable. (Maintains self-adhesive properties even after washing.)

2 sheets/package (2 ½" x 3"). Item P805



Super Thin

U



SoreSpot[®] LiquiCell[®] Blister & Skin Protection Bandages Cushion Wherever Shoes Rub

Exclusive new liquid-filled bandages relieve and protect blisters, corns and calluses. Help minimize friction to prevent skin iniury and breakdown. Use to prevent irritations or protect and comfort them after they've formed. These react dynamically to pressure and shear forces, changing shape subtly while worn. Ultra-thin so they fit in any shoes. Clear and invisible. Flexible and conforming to foot contours. Self-adhesive so they stay in place. Also effective for diabetic skincare and other friction reduction applications. Small Bandages fit toes. Large Bandages fit bunions, heels, ball-of-foot. Specify size.

4/package. • Item P810

Visco-GEL[®] Silicone Scar Management Sheets

Help improve the appearance of scars

Self-adhesive Silicone stays in place to help smooth, soften and improve the texture, color and thickness of scars, relieve itching and pain. Washable, reusable and durable for repeated applications. Soft, pliable, comfortable and tear-resistant. Trim to fit.

2/package (2 ½″ x 3″). Item P806



SoreSpot® Silicone Tape



Protects Sore Spots, Reduces Scars

Unique, self-adhering Silicone strips adhere easily to protect corns, calluses and irritated areas from shear, pressure and friction, reduce the appearance of scars, and provide gentle fixation for bandages on fragile, at-risk, or sensitive skin. Easy release.

1" W x 42" L. 1 Roll. • Item P3095

Visco-GEL® Heel-So-Smooth® Heel Sleeves

Relieve Rough, Dry, Cracked Heels

Slip on these comfortable foot sleeves while you sleep or rest to soften your dry, cracked heels. The heel area of these innovative sockettes is lined with our exclusive Gel that releases mineral oil & Vitamin E to soothe damaged skin. Washable and reusable.

One Size Fits Most. 1 pair /package. Item P800

Gel Ultimates[®] Moisturizing Booties

Softer feet in hours!

These cushioned, Visco-GEL-lined booties moisturize and soften hard, dry, rough skin—fast. You'll have smooth feet after just a few short treatments. Enjoy salon-style pampering at home! Exclusive Gel that fully surrounds your feet—not just the soles—gradually releases jojoba, avocado and olive oil onto the skin's surface. Terrycloth comfort and safe to wear around the house while your feet get super soft! Washable and reusable for months.

One Size Fits Most. 1 pair /package. Item P802 Fully-lined with soft Visco-GEL®





Before

After





Professional Nail Cutter Just Like Doctors Use In Their Offices

Trims tough, thick, and fungal nails easily, safely. Heavy-duty, stainless steel construction, 'double-action' leverage for extra nail cutting power. Barrel-spring for smooth action. 5 1/2" long with 3/4" curved surgical quality blades boost control and precision. Etched handle for sure gripping. This is a professional-quality tool that allows confident use, even in weaker hands.

1/package.

- Item 3355-STR, straight
- Item 3355-CRV, curved



FungaZoil® Advanced Antifungal Treatment

Kills More Types of Fungus

First Clotrimazole & Penetrating Essential Oils Formula. Effective against 6 different causes of infection and discoloration, including fungi, mold and yeast. Treats fungus of the toes and fingers on skin around, adjacent to and under nails (where accessible with applicator brush).

.5 oz. 1 bottle. Item P3492



PediLux4™ Foot Odor Cream

One Use Stops Foot Odor for Months

Single application keeps smelly feet odor-free for up to 90 days. Patentpending cream formula helps limit bacteria growth that causes foot and shoe odor. Just apply to feet, wear the special absorption socks (included), and foot odor is gone. Doctor recommended for stinky feet problems

0.18 oz. 1 kit/package. Item P3328



Pedi-Quick[®] Pedicure Kit Keep Feet Soft, Smooth

& Healthy-Looking

Enjoy safe, fast, professional-style pedicures at home, for less than the cost of a single trip to the salon! New rotary microfile and larger emery buffer whisk away corns, calluses and thick skin on heels. Improved hand-piece design and more powerful motor, too. Your feet will look better in minutes. (Uses four AA batteries not included.)

1 kit/package. ltem P3349

Emery Replacements. Each package contains three pre-cut discs. • Item P3348

Pedi-Quick[®] Dual-Action Foot File

Quickly Reduces Corns and Calluses

Whisk away those painful corns and calluses to unveil sleeker, more attractive feet. This handy file features a fine emery surface to smooth rough, dry areas and a coarse stainless-steel surface to help reduce extra-hard skin. A non-slip handle provides precise control. Works great on hands and nails too.

1/package. • Item P3011

Pedi-Quick[®] 2-Sided Foot File

Get Salon Treatment at Home

This file makes it easy to do your own pedicures. Like files used in salons, ours features two different emery surfaces—one fine and one coarse—to gently smooth rough, dry or hardened skin. It works great on corns and calluses as well as nails. Ergonomically-designed, non-slip handle provides precise control.

1/package. Item P3020









Tea Tree Ultimates® Soaking Crystals™ Help Soak Away Fungus & Bacteria from Skin Surface

A therapeutic foot soak featuring our exclusive blend of tea tree and peppermint essential oils, Epsom salt and sea salt. This invigorating soak soothes aches and pains, relieves itching and softens corns and calluses while fighting fungus and bacteria. Leaves your feet feeling refreshed, clean and smelling great!

6, 1oz. packets/package. Item P3078







Podiatrists' Choice® Callus Control Cream™ Extra-Strength Formula

for Fast Softening

20% Urea — the skin-care ingredient doctors prefer — to smooth and soften dry, rough, hard skin.

4 oz. 1 jar. • Item P3310



Deep-Healing Foot Cream™

Doctor-Recommended for Rough, Dry, Cracked Feet and Heels

Help is here! This non-greasy cream features mineral oil and vitamins A, D and E to moisturize skin, soften calluses and revitalize your feet. Our special formula penetrates deeply to help heal dry, cracked areas — which is especially beneficial for people with diabetes and sensitive feet. Also works great on hands.

4 oz. 1 jar. • Item P3069

Visco-GEL[®] ToeCoach[™] New!

Relieves Toe Pain 5 Ways

Aligns 1st toe to relieve pressure on bunions, separates 1st and 2nd toes that rub, straightens and divides underlapping/ overlapping toes, supports hammer toes, and takes pressure off sore toe tips. Supersoft Gel for all day comfort.

Specify Small or Large, Right or Left. 1/package. Item P2853

Visco-GEL[®] 5-ToeBuddy[®] New Relief for Problem Toes & Foot Pain

Multiple spacers divide and align crooked, overlapping toes to relieve between-toe irritations. Use while resting or sleeping for a therapeutic toe stretch. Customize easily to help 1, 2 or 3 toes and specific foot problems including hammer toes and sore toe tips.

One Size Fits Most. 1 pair/package. Item P1114

Visco-GEL[®] ExtraArches[™] Instant Support & Comfort

Soft, fabric-covered arch support pads help end foot pain. Unlike bulky insoles, these fit easily in every shoe style. Help soothe heel and arch pain. Self-adhesive backing keeps them in place. Sizing is approximate.

Specify Small, Medium or Large. (Fits Shoe Sizes — Small: 4-7; Medium: 8-10; Large 10+) 1 pair/package. Item P1140

Action Orthotics[™] New!

End Foot Pain

Unique new design helps redistribute body weight and foot pressure to relieve heel and arch pain, general foot discomfort. Provide support for flat feet and fallen arches. Exclusive ForefootSlant[™] helps improve foot function and limits stress on bunions. 3/4 style fits in most shoes.

Specify Small, Medium, Large, XLarge. 1 pair/package. Item P5610

Sizes:

Small (fits Women's 5-7, Men's 4-6) Medium (fits Women's 8-10, Men's 7-9) Large (fits Women's 11-13, Mens's 10-12) XLarge (Fits Men's 13-15)





ForefootSlant"



Medical Footcare 256 Ways to Relieve Foot Pain^w PediFix Footcare Company 301 Fields Lane Brewster, NY 10509 USA



Available From:

