



D I S T R I B U T E D B Y



BONAPEDA Enterprises LLC
Exclusive U.S. Distributor, Orthotics by Saluber

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The FORS™-15 Insole

(Foot Off-Loading Relief System)

The FORS-15 insole incorporates 15mm Poron® construction with pre-cut plugs that can be removed to alter the thickness of the insole in targeted areas. During walking and standing, more weight will be distributed to the areas on the plantar aspect of the foot where plugs have not been removed, and less weight to the areas where plugs have been removed (offloading zones).

Caution:

- This product is intended for use only with post-surgical shoes and other extra-depth medical footwear. Before using, verify that the combination of the shoe with FORS-15 insole provides appropriate support and space to avoid causing trauma to the foot.
- The cushioning and off-loading capacity of the FORS-15 insole will vary depending on user size and weight, activity level, and on the number of plugs that are removed. Monitor cushioning and off-loading performance before using and throughout the life of the product, and replace as needed.

Instructions For Use:

1. Select a FORS-15 insole that is equal to or larger in size than the foot-bed of the selected shoe (or boot).
2. If the shoe comes with a removable insole, remove it. (The FORS-15 will replace it.)
3. If necessary, trim the FORS-15 to fit the foot-bed of the shoe. (If a removable insole was present, it can be used as a template for trimming the FORS-15.)
4. Identify and remove plugs to create desired off-loading zones:
 - a. Place a wide strip of removable tape on the Alcantara fabric side of the FORS-15 insole, and over the area(s) where plugs are likely to be removed. (The tape serves to prevent staining of the Alcantara top cover while marking the locations for plug removal. Tape with paper fiber works well.)
 - b. Place the FORS-15 insole into the shoe with Alcantara side facing up (e.g. with tape).
 - c. Using Povidone-iodine (PVP-I) or similar colored/transferable marking material, trace directly on the plantar side of the foot around the area(s) that are to be off-loaded.
 - d. Immediately place the marked foot in the shoe and apply adequate pressure to transfer the (PVP-I) marking material from the plantar side of the foot to the surface of the tape. Be careful to accurately align the foot in the shoe to reflect actual use, and to avoid smearing the marker during the transfer.
 - e. Remove the foot and then the FORS-15 insole from the shoe without disturbing the transferred markings.
 - f. To create the off-loading zone(s), tear out the Poron plugs that are located on the bottom of the insole and that are underneath the transferred markings. The plugs can generally be torn out with one's fingers, but grasping tools can also be used.
5. Remove and discard the tape from the FORS-15 insole, and place the insole in the shoe with Alcantara fabric facing upward. The shoe is now ready for use.

To Clean and Disinfect the FORS-15 Insole:

1. Remove the FORS-15 insole from the shoe.
2. Completely cover and soak the FORS-15 insole in 10% chlorine bleach solution for 10 minutes (9 parts water to 1 part bleach). Lightly scrub the Alcantara top cover as needed to remove stains during the soaking process.
3. Thoroughly rinse the FORS-15 insole in warm tap water for 60 seconds.
4. Towel dry to remove excess water, and then air dry until dry to the touch. Dry time will vary based on temperature and humidity.