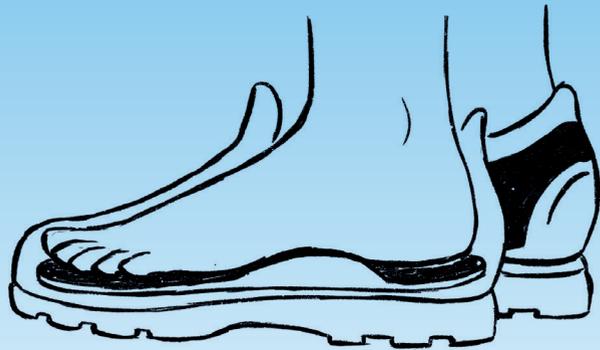


Per Øllgaard developed SOLEMAIDS at his practice in Viborg, Denmark, based on many years of treating children and adults with foot pain.

SOLEMAIDS have been listed as a form of treatment by the Danish National Health Service since 2011, and are now available at a number of clinics in Scandinavia, the UK, Balticum, and Australia.

Good advice for parents on SOLEMAIDS



How SOLEMAIDS work

SOLEMAIDS eliminate pressure from the back of the heel by using a wedge to lift the heel bone. The heel becomes suspended and pressure is relieved and the pain is reduced.

To help your child get the best possible effect from SOLEMAIDS, please read this guide.

SOLEMAIDS

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SOLEMAIDS

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Your child's footwear with SOLEMAIDS

Wearing the right size shoe is important. If the shoes are too big or too small, the SOLEMAIDS will not fit properly inside and therefore will not have the optimal effect.

SOLEMAIDS replace the original insoles in your child's footwear. Therefore, the original insoles should be removed from all shoes where your child will use SOLEMAIDS.

When placing SOLEMAIDS into the shoes, it is important to position them correctly in order to achieve the desired pain relief. The rear part of the insole must not be folded up against the heel cap or slide forward leaving a gap. The latter can be the case if the shoes are too big.



Special requirements if using SOLEMAIDS for sports shoes

We recommend that your child always wears shoes suitable for the sport he/she is participating in.

Football boots are most comfortable if they have a lacing system that can be adjusted for instep height. Very stiff football boots can be tight, and affect the wearer's comfort.

If your child is a gymnast, we know that SOLEMAIDS perform well in lightweight combat sports shoes. We often find that the child has to get used to wearing this type of shoe when training.

Getting used to SOLEMAIDS

Our experience shows that children have to get used to the insoles. Initially, they can cause blisters on the back of the heels. These are usually caused by SOLEMAIDS used in stiff footwear, which allow little or limited space inside.

The wearer can also become sore under the arch of the foot, especially at the point where the wedge starts to elevate the heel. Soreness usually disappears after 1-3 weeks. If this is not the case, or if the pain becomes worse, please contact your SOLEMAIDS clinic.

When buying new footwear for your child, we recommend taking SOLEMAIDS along, so that your child can feel whether or not they work well and are comfortable in the new shoes.



How long should a child wear SOLEMAIDS?

Until the heels are fully grown, pain in this region can come and go. It is difficult to say when a child can do without the insoles as it varies considerably.

As a rule of thumb, SOLEMAIDS should be used for at least 6 months in normal shoes and sports footwear. During the first few weeks, it may also be necessary for your child to wear SOLEMAIDS in footwear worn at home.

Once 6 months have passed, you can test whether your child can do without SOLEMAIDS. Initially, your child could try not wearing them every other time he/she

participates in sports. If the pain returns, then it's best to keep using the insoles.

Most children can manage with only needing insoles once during their growing years, while about a third of children will need them again. Some children can grow two shoe sizes within a few months, which places new demands on the height and length of SOLEMAIDS.

In such instances, we recommend having your child re-evaluated at a SOLEMAIDS clinic, to see whether new insoles are needed. The heel growth plate stops growing at around the age of 15. Then, it will no longer be necessary to use SOLEMAIDS.

SOLEMAIDS do not provide protection against impact and kicks

SOLEMAIDS do not provide protection against impact and kicks to the heels. And because the heel bone is still growing, impact or a kick can cause regression.

Maintenance and cleaning SOLEMAIDS

SOLEMAIDS are made of a material with a sealed cellular structure, with the top made of an organic material. They do not absorb sweat or moisture, but we do recommend that you remove them for drying if the shoes get wet.

SOLEMAIDS can be washed in soapy water at 30 degrees C if required. Leave to dry at room temperature.

SOLEMAIDS cannot be machine-washed, tumble-dried, dried in a drying cabinet, or the like.

