

Comf-Orthotic® Extra Cushioning Insoles

Extra soft for sensitive feet.

1-2 prs. **\$20.00/pr.** — 3-5 prs. **\$19.00/pr.** — 6+ prs. **\$18.00/pr.**

Check here: Normal Width (A-D) Wide Width (E-EEE)

Children's Sizes 1-2 prs. **\$15.00/pr.** — 3+ prs. **\$14.00/pr.**

Product #	Shoe Size	Flesh (Only)	Qty./Pr.	Cost/Pr.	Total
Women's					
DBWXS	4-1/2-5-1/2	_____	_____	_____	_____
DBWS	6-7	_____	_____	_____	_____
DBWM	7-1/2-8-1/2	_____	_____	_____	_____
DBWL	9-10	_____	_____	_____	_____
DBWXL	10-1/2-11-1/2	_____	_____	_____	_____
Men's					
DBMXS	5-6-1/2	_____	_____	_____	_____
DBMS	7-8-1/2	_____	_____	_____	_____
DBMM	9-9-1/2	_____	_____	_____	_____
DBMMB	10-11	_____	_____	_____	_____
DBML	11-1/2-12-1/2	_____	_____	_____	_____
DBMXL	13-14-1/2	_____	_____	_____	_____
DBMXXL	15-16-1/2	_____	_____	_____	_____
DBPXS	10-11-1/2	_____	_____	_____	_____
DBPS	12-13-1/2	_____	_____	_____	_____
DBPM	1-2-1/2	_____	_____	_____	_____
DBPL	3-4-1/2	_____	_____	_____	_____

Scaphoid Pads

1-6 prs. **\$7.00/pr.** — 7-11 prs. **\$6.50/pr.** — 12+ prs. **\$6.00/pr.**

Children's Sizes 1-2 prs. **\$6.00/pr.** — 3+ prs. **\$5.50/pr.**

Product #	Shoe Size	White	Brown	Qty./Pr.	Cost/Pr.	Total
(B*) SL	Large 5/16"	_____	_____	_____	_____	_____
(B*) SM	Medium 5/16"	_____	_____	_____	_____	_____
(B*) SS	Small 5/16"	_____	_____	_____	_____	_____
(B*) PSL	1/4"	_____	_____	_____	_____	_____
Foam						
FSL	Large 1/4"	_____	_____	_____	_____	_____
FSM	Medium 1/4"	_____	_____	_____	_____	_____
FSS	Small 1/4"	_____	_____	_____	_____	_____

*(B) denotes brown felt products.

Subtotal 2 _____

SHIPPING CHARGES

Please add for postage and handling. Shipped by 1st Class Mail or FedEx.

Sale Amount: Shipping Charges:

Up to \$20.00 \$4.50

\$20.01 to \$40.00 \$4.00

\$40.01 to \$69.99 \$3.50

\$70.00+ FREE

Priority Mail (2-3 day delivery) \$7.00

FedEx Next Day, 2nd Day, 3 Day available for an additional charge

★Special Offer★

FREE postage and handling with full paid orders of \$70.00 or more. (does not apply to Express Shipping).

Customer # (if known) _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____

PLEASE PAY BY CHECK OR CREDIT CARD

VISA MasterCard DISCOVER AMERICAN EXPRESS Check Enclosed

Card #: _____

Exp. Date: _____ Security Code*: _____

* MasterCard, Visa, and Discover — the last 3 numbers on the back side of the card.

* American Express — 4 numbers on the front side of the card above acct. number.

Signature: _____

Thank you for your business!



A study found that almost three quarters of individuals suffering from heel pain can find significant relief with a regular home exercise program that includes Achilles tendon and plantar fascia stretching. **Adding an inexpensive, off-the-shelf shoe insert to the stretching exercises leads to an even better result.**

The following stretching exercises have been recommended by the American Orthopedic Foot & Ankle Society.

Note: Please check with your physician before beginning any exercise/stretching therapy.

Lean forward against a wall, keeping one knee straight while you bend the other knee. (If both of your heels hurt, then you need to reverse this position after you have exercised each heel.

If only one of your heels hurts, the painful heel is placed farther away from the wall.) As you bend forward, the leg that remains straight is the one that you will be exercising. As you lean forward, you can feel your heel cord and the arch of your foot stretch. (Try to keep your heel on the ground, although as you stretch, it will gradually lift off the ground.) **Stretch and hold for 10 seconds.** Then relax and straighten up — **then stretch again.** Repeat this 20 times. If your other heel bothers you, then you should stretch this side as well by reversing your position.



HAPAD, Inc.

P.O. Box 6
5301 Enterprise Blvd.
Bethel Park, PA 15102



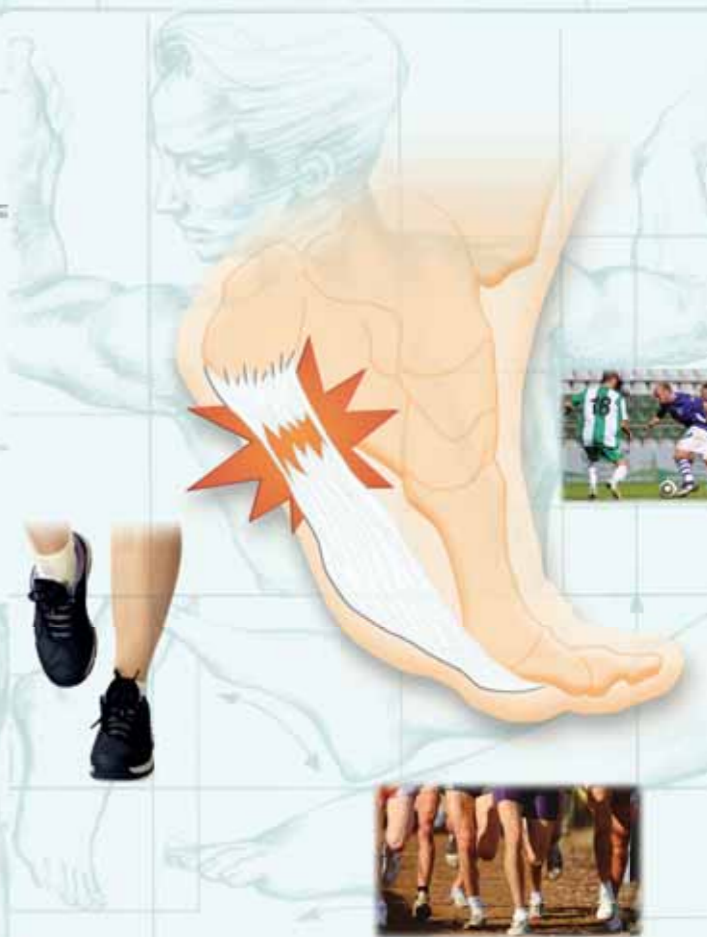
Lean forward as you lean onto a table, chair, or countertop. In this exercise, you will flex both of your knees. Squat down slowly. Try to keep your heels on the ground as long as you can when you squat down. You will feel your heel cords and the arches of your feet stretch as your heel finally starts to rise off the ground when you squat down. When you feel these structures **really stretching**, hold that position for 10 seconds, then **straighten up**. Repeat this 20 times.

While firmly holding onto the railing, stand on the bottom step of a set of stairs. Balance yourself on the balls of your feet. **Slowly** lower your heels until you feel your calf muscles really begin to stretch. Hold that position for 10 seconds, then raise up and repeat this exercise 20 times.



HAPAD, Inc.

**Common Sense Solutions
for Treating Heel Pain/Plantar Fasciitis**



This brochure is not intended to replace medical care for your foot problems. The results of the study indicate that these conservative measures are the best and most cost-effective treatments for the initial onset of heel pain.

Phone:
1-800-544-2723
1-412-835-1234

Fax:
1-800-232-9427
1-412-835-6460

Website & E-Mail:
www.hapad.com
info@hapad.com

HAPAD®, Inc.

Heel pain is one of the most common, painful foot problems encountered by physicians. Once a fairly complex problem to diagnose and treat, studies today indicate that conservative measures should be incorporated as the first line of treatment.

The most common type of heel pain is due to a condition known as plantar fasciitis. The plantar fascia is a fibrous band of tissue that normally extends from the heel to the ball of the foot in a “bow string” fashion. When the plantar fascia becomes overstretched or strained, excruciating pain is most commonly felt under the heel.

Although many products may initially comfort the “painful heel syndrome,” it has been proven that to properly treat this condition, you need to strengthen and reestablish the plantar fascia.

A national heel pain study, performed by the American Orthopedic Foot & Ankle Society (AOFAS), clearly demonstrated that for the initial treatment of plantar fasciitis, an affordable, over-the-counter shoe insert, along with a routine of stretching exercises is the “best way to go.”

In fact, over 80% of patients using the Hapad Comf-Orthotic® 3/4 Length Insoles in this study improved significantly. You can expect a 4- to 6-point pain reduction on a 10-point scale.



Lightweight, Accommodative Heel, Arch, and Metatarsal Support

All of the insoles incorporate our patented Comf-Orthotic® design and provide arch and metatarsal support with a uniquely shaped neutral “horseshoe” heel cup. The insoles are all available by shoe size — even E–EEE widths.

100% Natural Wool Felt Comf-Orthotic® 3/4 Length Insoles

For dress or casual style shoes that do not have a removable insole.



- Ideal for long hours of standing and walking.
- Provide remarkable comfort, cushioning, and support.
- Also available in full-length design for shoes with ample toe space.
- Available in white or brown felt.

Comf-Orthotic® Sports Replacement Insoles

For athletic or similar style shoes with a removable insole.

- Anti-fatigue and performance insoles for people who lead active lifestyles.
- Tri-laminate materials provide a slightly firmer support, making this insole a comfortable alternative for those who have worn more rigid insoles or orthotics.



Foot pressure WITHOUT Comf-Orthotic® Insole.

Foot WITH Comf-Orthotic® Insole has substantially reduced pain and pressure.

Outcome: Remarkable Pressure Relief!

Metatarsal Relief = 32–34%

Calcaneal Relief = 28–33%

Toe-Off Relief = 31–33%

NOTE: Results illustrate in-shoe pressure measurement with a TekScan, F-Scan® System. Statistics: 220-lb. man, Size 10 shoe. The shoe without an orthotic has a generic insole provided by the manufacturer of the shoe. For this test, the generic insole was replaced by a Comf-Orthotic® Sports Replacement Insole.

Comf-Orthotic® Extra-Cushioning Insoles

A new tri-laminate replacement insole for sensitive and insensitive feet!

- Just like our Sports Replacement Insoles, except the top layer has been replaced with a layer of soft and durable foam that creates a moldable, deformable foot bed.
- Recommended as an affordable, off-the-shelf insole.
- Provide a protective cushioning layer to comfort and protect those who suffer from loss of their natural fat padding.



Use the **Posting Heel Wedges** with the Comf-Orthotic® Insoles when you need a 5° medial or lateral heel post for additional ankle stability and balance. Adhesive backed.



Add a **Scaphoid Pad** to the underside of the Comf-Orthotic® Insoles when additional arch support is desired. Provides 5/16" lift. Available in small, medium, and large. Adhesive backed. Available in white or brown felt.



New foam **Scaphoid Pad** available for use with Comf-Orthotic® Sports Replacement Insoles, and Comf-Orthotic® Extra Cushioning Insoles (color may vary).



Prices Effective January 2014

ORDER FORM

FOUR CONVENIENT WAYS TO ORDER:

1

WEB

www.hapad.com

2

PHONE

1-800-544-2723

Mon-Fri
(8 A.M.–5 P.M. ET)

3

FAX

1-800-232-9427

4

MAIL

P.O. Box 6
5301 Enterprise Blvd.
Bethel Park, PA 15102

Comf-Orthotic® 3/4 Length Insoles

Proven effective treatment for heel pain (plantar fasciitis).

1–2 prs. **\$13.00/pr.** — 3–5 prs. **\$12.50/pr.** — 6+ prs. **\$12.00/pr.**

Check here: Normal Width (A–D) Wide Width (E–EEE)

Children's Sizes 1–2 prs. **\$8.00/pr.** — 3+ prs. **\$7.00/pr.**

Product #	Shoe Size	White	Brown	Qty./Pr.	Cost/Pr.	Total
Women's						
(B*) COWXS	4-1/2–5-1/2	—	—	—	—	—
(B*) COWS	6-7	—	—	—	—	—
(B*) COWM	7-1/2–8-1/2	—	—	—	—	—
(B*) COWL	9-10	—	—	—	—	—
(B*) COWXL	10-1/2–11-1/2	—	—	—	—	—
Men's						
(B*) COWXSEW	5–6-1/2	—	—	—	—	—
(B*) COMS	7–8-1/2	—	—	—	—	—
(B*) COMM	9–9-1/2	—	—	—	—	—
(B*) COMMB	10–11	—	—	—	—	—
(B*) COML	11-1/2–12-1/2	—	—	—	—	—
(B*) COMXL	13–14-1/2	—	—	—	—	—
(B*) COMXXL	15–16-1/2	—	—	—	—	—
(B*) PXS	10–11-1/2	—	—	—	—	—
(B*) PS	12–13-1/2	—	—	—	—	—
(B*) PM	1–2-1/2	—	—	—	—	—
(B*) PL	3–4-1/2	—	—	—	—	—

* (B) denotes brown felt products.

Posting Heel Wedges

1–6 prs. **\$7.00/pr.** — 7–11 prs. **\$6.50/pr.** — 12+ prs. **\$6.00/pr.**

Product #	Size	White	Brown	Qty./Pr.	Cost/Pr.	Total
(B*) PW	One Size	—	—	—	—	—

Comf-Orthotic® Sports Replacement Insoles

Treat plantar fasciitis in shoes with removable insoles.

1–2 prs. **\$20.00/pr.** — 3–5 prs. **\$19.00/pr.** — 6+ prs. **\$18.00/pr.**

Check here: Normal Width (A–D) Wide Width (E–EEE)

Children's Sizes 1–2 prs. **\$15.00/pr.** — 3+ prs. **\$14.00/pr.**

Product #	Shoe Size	Green (Only)	Qty./Pr.	Cost/Pr.	Total
Women's					
FCAWXS	4-1/2–5-1/2	—	—	—	—
FCAWS	6–7	—	—	—	—
FCAWM	7-1/2–8-1/2	—	—	—	—
FCAWL	9–10	—	—	—	—
FCAWXL	10-1/2–11-1/2	—	—	—	—
Men's					
FCAMXS	5–6-1/2	—	—	—	—
FCAMS	7–8-1/2	—	—	—	—
FCAMM	9–9-1/2	—	—	—	—
FCAMMB	10–11	—	—	—	—
FCAML	11-1/2–12-1/2	—	—	—	—
FCAMXL	13–14-1/2	—	—	—	—
FCAMXXL	15–16-1/2	—	—	—	—
FCAPXS	10–11-1/2	—	—	—	—
FCAPS	12–13-1/2	—	—	—	—
FCAPM	1–2-1/2	—	—	—	—
FCAPL	3–4-1/2	—	—	—	—

Subtotal 1 _____