



Hapad,[®] Inc.

A PATIENT'S GUIDE

Product Catalog
and Order Form
2021/2022



*Professional Care and Relief of
Common, Painful Foot Complaints*



To Order:
1-800-544-2723 or
1-412-835-1234
(Mon-Fri 8 A.M. -5 P.M. EST)



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



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

Hapad® 100% Natural Wool Felt Soft Orthotics and Sports Insoles

Whether you have been referred to **Hapad** by a physician or a friend, we are happy that you found us. We are equally confident that after trying our products, you will feel the same.

For over 40 years, foot and ankle specialists worldwide have recommended our products to their patients and colleagues. Today, **Hapad** products are recognized throughout the world to be the most effective and most affordable method of treating common, painful foot complaints.

Today, we are a company built purely on reputation. Service is and always has been our top priority. Our phones are personally answered and we normally ship within 24 hours. We are dedicated to providing you with friendly, personal service, the most professional quality products and immediate comfort. We stand behind each and every item that we carry and guarantee your satisfaction 100%!

We look forward to having you as our customer.

NEW!



Comf-Orthotic® Pro-Blue Replacement Insoles

The New Comf-Orthotic® Pro-Blue Replacement Insole is our firmest yet!

Recommended for the serious and extreme athlete, the Pro-Blue Insole has the same patented shape and contours as our other popular Comf-Orthotic® Insoles.

The Comf-Orthotic® Pro-Blue Insole is a firmer, multi-layer, breathable foam insole. This remarkable combination provides the utmost support and shock absorption with flexible and light weight support that made all of our Comf-Orthotic® Insoles so popular (see page 9).

Order via our newly designed website at www.hapad.com and receive our lowest prices and special shipping offers.



All **Hapad** products are 100% guaranteed. If for any reason you are not completely satisfied, simply return the unused merchandise within 60 days for full credit. No questions asked!



To Order:

1-800-544-2723 or 1-412-835-1234 (Mon-Fri 8 A.M.-5 P.M. EST)

Q: Why Hapad wool felt foot care products?

A: Hapad soft orthotics are a medically designed, proven effective, affordable alternative to costly custom orthotics and "quick-fix" drug store remedies. These unique, patented foot cushions give firm support and establish proper alignment of the foot so you can enjoy total comfort while standing, walking or running.

Q: Are the pads placed in the shoe or on the foot?

A: Hapad products are designed to be placed in the shoe, not directly on the foot. They will last longer and comfortably become a permanent part of your shoe.

Q: Will I need to buy a bigger shoe?

A: No. Hapad products are designed to comfortably fit in your regular shoes. We offer a broad assortment of pads so that you or your physician can choose the right style of pad to fit in all of your favorite shoes.

Q: When it is time to replace my Hapad inserts, how do I remove them from my shoe?

A: Hapad products should last the life of the shoe. Of course this is dependent upon your weight, occupation and physical activities. Generally, when your feet begin to feel tired or painful again, it is time to replace your Hapad insert since you have probably lost some support. The adhesive on the products is intentionally "sticky" so that they will not slip in the shoe once properly placed. If and when you need to remove the pads, begin at one end of the pad and use your thumb to roll the pad loose. Do not try pulling or lifting the pad out of the shoe. The adhesive was made to "peel" loose. Once the pad is removed from the shoe, roll away any leftover adhesive before replacing the shoe with a new pad. For more difficult cases, use a little nail polish remover or paint thinner on a cotton swab and dab around the edges of the adhesive to loosen and lift.

Q: Where can I purchase Hapad foot products?

A: It is sometimes difficult to find our products because few stores are able to stock such a wide assortment of products and sizes. If your physician does not stock Hapad products, you can order direct. Visit our website at www.hapad.com, call 1-800-544-2723 or fax 1-800-232-9427. You can also e-mail your questions and comments to us at info@hapad.com.

NOTE: When painful foot problems persist, seek the advice of your foot care specialist.

Hapad, Inc.

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ARCH CORRECTIONS

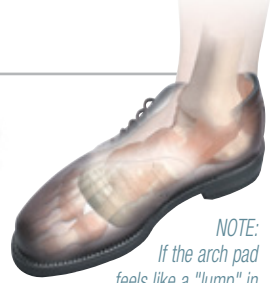
Many common, painful foot complaints are the result of a weakening

When your arch falls or flattens, your foot structure collapses and you may notice that your foot on the ball of the foot. Using a correctly designed arch and/or metatarsal support will re-establish

Longitudinal Metatarsal Arch Pads

Arch and metatarsal support, all-in-one.

- ▶ Recommended for pronation, flat feet, fallen or high arches.
- ▶ Ideal for shoes with little or no built-in arch support.
- ▶ Available in 5 thicknesses of 5/16", 3/8", 7/16", 1/2" and 9/16" and E-EEE widths.



NOTE:
If the arch pad feels like a "lump" in your shoe, use a smaller size.

 Also available in children's sizes (see page 12).

SUGGESTED SIZE GUIDE					
Foot Type	Shoe Size				E-EEE Widths
	Women 5-8½	Women 9-11½	Men 7-10½	Men 11+	
Flat Foot	XS	S	S	M	SEW
Normal Arch	S	M	M	L	MEW
High Arch	M	L	L	XL	LEW

Product Name	1-11 pairs	12+ pairs
Longitudinal Metatarsal Arch Pads	\$8.25/pr.	\$7.25/pr
Left/Right	\$5.00/each	

I wish to purchase some Longitudinal Metatarsal Arch Pads. One of them was given to me by a friend, and it was a godsend for me. Before I put the pad in my shoe, I couldn't walk or work. These pads are truly remarkable. I can't walk without one.

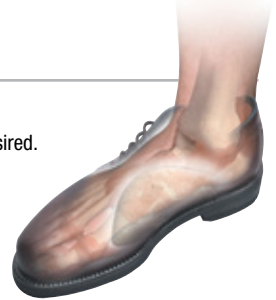
*- F.C.U., DMD
Cocoa Beach, FL*

Scaphoid Pads

Arch support.

- ▶ Perfectly contoured for use with the Comf-Orthotic® Insoles (pages 8-9), when more arch support is desired.
- ▶ 5/16" thickness complements shoes that already have some built-in arch support.
- ▶ Sizes: Small (S) 5/16"
Medium (M) 5/16"
Large (L) 5/16"

 Also available in children's sizes (see page 12).



Product Name	1-11 pairs	12+ pairs
Scaphoid Pads	\$7.25/pr.	\$6.00/pr.



SUGGESTED SIZE GUIDE		
Shoe Size	Women	Men
5-8½	S	S
9-11	M	M
11½+	M	L



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FOREFOOT CORRECTIONS

in the primary (longitudinal and metatarsal) arches of your foot.

widens and your ankles begin to roll inward. Corns, calluses and blisters usually develop and strengthen your arch and restore the proper biomechanical function of your foot.

Metatarsal Pads

Recommended for metatarsalgia and other localized conditions commonly affecting only 1–2 metatarsal heads.

- ▶ Recommended for metatarsalgia and dropped metatarsal heads.
- ▶ Relieves pressure on the ball of the foot.
- ▶ A wonderful comfort item for dress shoes!
- ▶ Available in 4 thicknesses of 3/16", 1/4", 5/16" and 3/8".

Product Name	1–11 pairs	12+ pairs
Metatarsal Pads	\$7.25/pr.	\$6.00/pr.
Left/Right	\$5.00/each	



NOTE: See page 13 for Helpful Hints on product placement of metatarsal pad varieties.

SUGGESTED SIZE GUIDE

Foot Type	Women	Men
Flat Foot	XS/S	M
Normal Arch	M	M
High Arch	M	L

Metatarsalgia is a burning sensation or feeling of walking on a "pebble" directly under one or more metatarsal heads.

Neuroma Pads

Relieve Morton's neuroma.

- ▶ The smaller teardrop-shaped Neuroma Pad is designed to fit right between the affected metatarsal heads. When properly placed, the pad will spread the bones at the base of the toes and "magically" relieve the painful pinching on the nerve.
- ▶ One size.

Product Name	1–11 pairs	12+ pairs
Neuroma Pads	\$6.25/pr.	\$5.50/pr.



Morton's neuroma is a painful entrapment of nerve tissue at the ball of the foot (most commonly between the 3rd and 4th toes) that causes pain, tingling and/or numbness in the adjacent toes.



FOREFOOT CORRECTIONS

Additional metatarsal varieties for

Metatarsal Cookies

A wider metatarsal pad.

- ▶ Treat corns, calluses and/or blisters at the ball of the foot, especially behind the 2nd, 3rd and 4th toes.
- ▶ Place just behind the ball of the foot to support and eliminate pressure across the metatarsal region. By alleviating the pressure, corns and calluses will gradually heal and disappear.
- ▶ Sizes: Men's 5/16"
Women's 5/16"



 Also available in children's sizes (see page 12).

Product Name	1-11 pairs	12+ pairs
Metatarsal Cookies	\$7.25/pr.	\$6.00/pr.

Corns and calluses are a thickening of skin, usually at an area of increased pressure and friction.

Metatarsal Bars

The widest metatarsal pad.

- ▶ This metatarsal variety supports the entire metatarsal arch. Perfect when pain, pressure or irritations extend into the big or little toe area.
- ▶ Sizes: Small (S) 5/16"
Medium (M) 5/16"
Large (L) 5/16"



 Also available in children's sizes (see page 12).

Product Name	1-11 pairs	12+ pairs
Metatarsal Bars	\$7.25/pr.	\$6.00/pr.

SUGGESTED SIZE GUIDE

Shoe Size	Women	Men
5-8½	S	S
9-11	M	M
11½+	M	L



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common, painful forefoot complaints.

Dancer Pads

Treats "turf toe", sesamoiditis and irritations under the big toe joint.

- ▶ Uniquely designed cut-out portion reduces weight bearing on the painful big toe joint. Given its name from common use by dancers who suffer from calluses and blisters in this same area.
- ▶ Sizes: Men's 5/16"
Women's 5/16"



Product Name	1-11 pairs	12+ pairs
Dancer Pads	\$7.25/pr.	\$6.00/pr.

Turf Toe is caused by a hyperextension of the great toe, producing a swollen, painful joint. Given its name from frequent occurrence on artificial surfaces.

Sesamoiditis causes localized tenderness and swelling of tissue at the big toe. Common among dancers and runners.

IPK Pads

Relieves sensitive irritations.

- ▶ Intractable plantar keratosis (IPK) is a sore and tender spot on the bottom of the foot that "just won't go away" — a plantar wart, for example.
- ▶ This unique metatarsal support has a centrally located depression to cushion and unload pressure directly under the sensitive area and promote healing.
- ▶ Sizes: Men's and Women's



NOTE: See page 13 for Helpful Hints for placement of all metatarsal pad varieties.

Product Name	1-11 pairs	12+ pairs
IPK Pads	\$7.25/pr.	\$6.00/pr.




Heel Lifts

Corrects leg length discrepancies.

- ▶ Measure the inside heel width of your shoe and choose equivalent width of heel pad from 2", 2-1/2" and 3".
- ▶ Choose the corresponding adjustment from thicknesses of 3/16", 5/16", 7/16", 1/2" and 9/16".



 Children's sizes use 2" width (see page 12).

Product Name	1-11 pairs	12+ pairs
Heel Lifts	\$8.25/pr.	\$7.00/pr.

3/4 Length Heel Lifts

A 3/4 length heel lift that extends to the ball of the foot for greater comfort.

- ▶ Recommended for Achilles tendinitis. Elevates the heel to reduce stretching on the Achilles tendon.
- ▶ Widths: 2-1/2"
3"
- ▶ Thickness: 3/8"
7/16"
9/16"



My son runs cross country and had an Achilles problem last year. Your pads were significant in helping him recover from the injury.

*— R.M.B.,
Howell, MI*

Product Name	1-5 pairs	6+ pairs
3/4 Length Heel Lifts	\$12.50/pr.	\$11.00/pr.

Horseshoe Heel Cushions

Comforts irritations under the heel.

- ▶ A partially or fully removable center piece alleviates pressure on sore, tender areas under the heel.
- ▶ Measure inside width of heel of shoe and choose corresponding 2", 2-1/2" or 3" width.



Product Name	1-11 pairs	12+ pairs
Horseshoe Heel Cushions	\$8.25/pr.	\$7.00/pr.



To Order:

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ORDER FORM

3/4 Length Medial/Lateral Heel Wedges (See Page 7)

Realigns hindfoot and forefoot for proper body balance.



1-5 prs. \$13.50/pr.
6+ prs. \$11.50/pr.

Product #
(B*) LW34
(B*) LW34N

Width
3"
2-1/2"

White	Brown	Qty./Pr.	Cost/Pr.	Total
—	—	—	—	—

Posting Heel Wedges (See Page 7)



1-11 prs. \$7.25/pr.
12+ prs. \$6.00/pr.

Product #
(B*) PW

Size
One Size

White	Brown	Qty./Pr.	Cost/Pr.	Total
—	—	—	—	—

Comf-Orthotic® 3/4 Length Insoles (See Page 8)

Proven effective treatment for heel pain (plantar fasciitis).



1-5 prs. \$13.50/pr.
6+ prs. \$12.00/pr.

Product #

Shoe Size

White	Brown	Qty./Pr.	Cost/Pr.	Total
—	—	—	—	—

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



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

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

Comf-Orthotic® Full Length Insoles (See Page 8)

For use in shoes with ample toe space.



1-5 prs. \$14.50/pr.
6+ prs. \$13.00/pr.

Product #

Shoe Size

White	Brown	Qty./Pr.	Cost/Pr.	Total
—	—	—	—	—

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



Children's Sizes
1-2 prs. \$9.00/pr.
3+ prs. \$8.00/pr.

Women's
(B*) FCOWXS 4-1/2-5-1/2
(B*) FCOWS 6-7
(B*) FCOWM 7-1/2-8-1/2
(B*) FCOWL 9-10
(B*) FCOWXL 10-1/2-11-1/2
Men's
(B*) FCOWXSEW 5-6-1/2
(B*) FCOMS 7-8-1/2
(B*) FCOMM 9-9-1/2
(B*) FCOMMB 10-11
(B*) FCOML 11-1/2-12-1/2
(B*) FCOMXL 13-14-1/2
(B*) FCOMXXL 15-16-1/2
(B*) FCOPXS 10-11-1/2
(B*) FCOPS 12-13-1/2
(B*) FCOPM 1-2-1/2
(B*) FCOPL 3-4-1/2

Comf-Orthotic® Sports Replacement Insoles (See Page 9)

Treats plantar fasciitis in shoes with removable insoles.



1-5 prs. \$21.00/pr.
6+ prs. \$18.00/pr.

Product #

Shoe Size

Green (Only)	Qty./Pr.	Cost/Pr.	Total
—	—	—	—

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



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

Women's
FCAVXS 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

(B) denotes brown felt products.

Fax:

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Website & E-Mail:

www.hapad.com or info@hapad.com

ORDER FORM

Comf-Orthotic® Extra Cushioning Replacement Insoles (See Page 9)

Extra soft for sensitive feet.



1-5 prs. \$21.00/pr.
6+ prs. \$18.00/pr.

Check here

- Normal Width (A-D)
 Wide Width (E-EEE)

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	—	—	—	—

Comf-Orthotic® Pro-Blue Replacement Insoles (See Page 9)

Prevents and treats common painful foot problems, such as shin splints, stress fractures and plantar fasciitis.



1-5 prs. \$24.00/pr.
6+ prs. \$20.00/pr.

Product #	Shoe Size	Blue (Only)	Qty./Pr.	Cost/Pr.	Total
Women's					
FCCWXS	4-1/2-5-1/2	—	—	—	—
FCCWS	6-7	—	—	—	—
FCCWM	7-1/2-8-1/2	—	—	—	—
FCCWL	9-10	—	—	—	—
FCCWXL	10-1/2-11-1/2	—	—	—	—
Men's					
FCCMXS	5-6-1/2	—	—	—	—
FCCMS	7-8-1/2	—	—	—	—
FCCMM	9-9-1/2	—	—	—	—
FCCMMB	10-11	—	—	—	—
FCCML	11-1/2-12-1/2	—	—	—	—
FCCMXL	13-14-1/2	—	—	—	—
FCCMXXL	15-16-1/2	—	—	—	—

Heel Grips (See Page 10)

Comforts blisters and "pump bumps".



1-11 prs. \$4.50/pr.
12+ prs. \$4.00/pr.

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

High Heel Helpers® (See Page 10)

Comfort for women's dress shoes.



1-5 prs. \$10.00/pr.
6+ prs. \$9.00/pr.

Product #	Shoe Size	White	Brown	Qty./Pr.	Cost/Pr.	Total
(B*) HHHXS	4-1/2-5-1/2	—	—	—	—	—
(B*) HHHS	6-7	—	—	—	—	—
(B*) HHHS	7-1/2-8-1/2	—	—	—	—	—
(B*) HHHM	9-10	—	—	—	—	—
(B*) HHHL	10-1/2-11-1/2	—	—	—	—	—
(B*) HHHXL	12-13	—	—	—	—	—

Tongue Cushions (See Page 11)

Cushion irritations at the instep.



1-11 prs. \$4.50/pr.
12+ prs. \$4.00/pr.

Product #	Size	White	Brown	Qty./Pr.	Cost/Pr.	Total
(B*) TONG	Men's	—	—	—	—	—
(B*) TONGW	Women's	—	—	—	—	—

* (B) denotes brown felt products.

Subtotal: _____ + Postage: _____ = Total Enclosed: _____



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in balance!

Medial/Lateral Heel Pads

Restores proper body balance.

- ▶ Corrects inversion (rolling out) or eversion (rolling in) of the ankles.
- ▶ Widths: 2"
2-1/2"
3"

 Also available in children's sizes (see page 12).



Product Name	1-11 pairs	12+ pairs
Medial/Lateral Heel Pads	\$8.75/pr.	\$7.50/pr.

Reversible for either medial or lateral wedging.

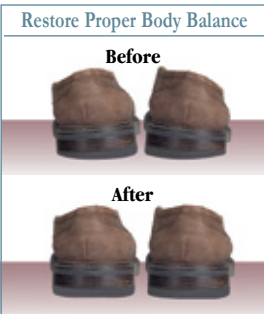
3/4 Length Medial/Lateral Heel Wedges

Longer length controls the hindfoot and forefoot from inversion (rolling out) or eversion (rolling in).

- ▶ Relieves medial osteoarthritis of the knee.
- ▶ Widths: 2-1/2"
3"



Reversible for either medial or lateral wedging.



Product Name	1-5 pairs	6+ pairs
3/4 Length Medial/Lateral Heel Wedges	\$13.50/pr.	\$11.50/pr.

Posting Heel Wedges

- ▶ Ideal for use under any of our Comf-Orthotic® Insoles (pages 8-9) to prevent your heels from rolling in or out.
- ▶ 1/4" thick



Reversible for either medial or lateral wedging.



Product Name	1-11 pairs	12+ pairs
Posting Heel Wedges	\$7.25/pr.	\$6.00/pr.



HEEL, ARCH AND METATARSAL SUPPORT




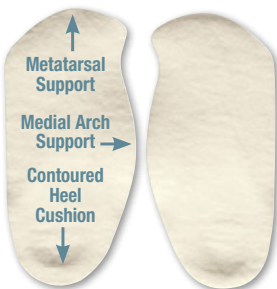
Heel, Arch and Metatarsal support in an treatment for plantar fasciitis (heel

Now you can have Comf-Orthotic® Insoles in all of a variety of medical grade materials so you have the

Comf-Orthotic® 3/4 Length Insoles

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

- ▶ 3/4 length design will not change shoe fit.
 - ▶ Provides remarkable comfort, cushioning and support.
 - ▶ Ideal for long hours of standing or walking.
-  Also available in children's sizes (see page 12).



(Patent # 4,862,604)

Product Name	1-5 pairs	6+ pairs
Comf-Orthotic® 3/4 Length Insoles	\$13.50/pr.	\$12.00/pr.

NOTE: All of the Comf-Orthotic® Insoles incorporate our patented 3-way support.

NOTE: All of the Comf-Orthotic® Insoles incorporate our patented 3-way support.



Foot pressure without Comf-Orthotic® Insole.




Foot with Comf-Orthotic® Insole that substantially reduces pain and pressure.

Comf-Orthotic® Full Length Insoles

Full length design is ideal for shoes with a removable insole or a shoe with ample toe space.

- ▶ A perfectly contoured foot bed.

 Also available in children's sizes (see page 12).

Product Name	1-5 pairs	6+ pairs
Comf-Orthotic® Full Length Insoles	\$14.50/pr.	\$13.00/pr.

Comf-Orthotic® Full Length Insoles

Use the Posting Wedge (pg. 7) with any of the insoles to increase the medial or lateral post.



Use the Scaphoid Pad (pg. 2) in conjunction with any of the insoles when more arch support is needed.



To Order:

1-800-544-2723 or 1-412-835-1234 (Mon-Fri 8 A.M.-5 P.M. EST)

HEEL, ARCH AND METATARSAL SUPPORT

easy-to-fit, all-in-one insole! Proven effective (pain), flat feet and sore, tired, aching feet. your shoes! We've combined our patented shape with perfect insole to fit your favorite shoes and activities.


Comf-Orthotic® Sports Replacement Insoles

For athletic or similar style shoes with a removable insole.

- ▶ Anti-fatigue and performance insoles for those who lead a more active lifestyle.
- ▶ A combination of lightweight, breathable and resilient foam materials provides the ultimate in comfort with support and stability.
- ▶ Remarkably shock absorbent to prevent injuries and blisters.



(Patent # 6,247,250)

 Also available in children's sizes (see page 12).

Just a note to let you know that I ran a 10K using your sports replacement insoles. They work great. I will not hesitate to recommend them to my patients.

*— J.S., MD.
Statesville, NC*



Product Name	1-5 pairs	6+ pairs
Comf-Orthotic® Sports Replacement Insoles	\$21.00/pr.	\$18.00/pr.

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

Comf-Orthotic® Extra Cushioning Replacement Insoles

Extra soft for sensitive feet.

- ▶ A soft, breathable and durable top layer conforms to your foot to create a custom molded foot bed.
- ▶ Provides extra cushioning and a protective layer for those who suffer from loss of their natural fat padding.



Product Name	1-5 pairs	6+ pairs
Comf-Orthotic® Extra Cushioning Full Length Insoles	\$21.00/pr.	\$18.00/pr.

Comf-Orthotic® Pro-Blue Replacement Insoles

NEW!

For the "extreme" athlete.

- ▶ Prevent and treat common injuries, such as shin splints, stress fractures and plantar fasciitis.
- ▶ Extremely shock absorbent.
- ▶ Firmer than any of our other Comf-Orthotic® Insoles.
- ▶ Remarkably lightweight.



Product Name	1-5 pairs	6+ pairs
Comf-Orthotic® Pro-Blue Replacement Insoles	\$24.00/pr.	\$20.00/pr.

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



BETTER SHOE FIT AND COMFORT

Comfort for the front, back,

Heel Grips

"Pump Bumps" and blisters.

- ▶ Soft felt grips your heel and holds it snugly in place. Prevents shoes from slipping, resulting in blisters and other irritations.
- ▶ Comfortably attaches around the back of the shoe.
- ▶ One size.



<i>Product Name</i>	<i>1-11 pairs</i>	<i>12+ pairs</i>
Heel Grips	\$4.50/pr.	\$4.00/pr.

High Heel Helpers®

High heel comfort.

- ▶ An ultra slim, 3/4 length contoured insole designed to provide comfort in women's dress shoes.
- ▶ Includes metatarsal support to relieve pressure on the ball of the foot and prevent corns and calluses, and a deep heel cup will not lift you out of the shoe.
- ▶ Sizes: Women's shoe sizes 4-1/2 -13



<i>Product Name</i>	<i>1-5 pairs</i>	<i>6+ pairs</i>
High Heel Helpers®	\$10.00/pr.	\$9.00/pr.



To Order:

1-800-544-2723 or 1-412-835-1234 (Mon-Fri 8 A.M.-5 P.M. EST)

BETTER SHOE FIT AND COMFORT

top and bottom of your feet!

Tongue Cushions

- ▶ Attaches to the underside of the shoe tongue.
- ▶ Holds the foot back into the heel of the shoe for a better shoe fit.
- ▶ Cushions and comforts at the instep.
- ▶ Sizes: Men's and Women's



<u>Product Name</u>	<u>1-11 pairs</u>	<u>12+ pairs</u>
Tongue Cushions	\$4.50/pr.	\$4.00/pr.

Customer Testimonials

Thank you so much. When plantar fasciitis strikes, I have to have your inserts. Now my sister has it and it has reoccurred on my heel so I am getting extra pairs for both of us.

— J.W.
Meeker, CO

Thank you! These metatarsal Pads have saved me! I was not able to run or ski or even walk for any length of time without extreme discomfort. What a difference.

— L.B.
Atlanta, GA

Thanks so much for inventing your Hapads! What a simple, cost effective product to help people's feet! I can walk again without pain!

— J.M.
Reno, NV

Thanks so much. I can walk now! I've had 6 or 7 pairs of custom orthotics and was getting cortisone shots and taking anti-inflammatories. I've just worked 3 days in a row and can still walk! I was down to just one work day on and one day off. I can't tell you how grateful I am. You've given me my life back.

— L.L.
Leamington, Canada



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




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



CHILDREN'S PRODUCTS

Sometimes children experience common foot problems, such as flat feet, toeing-in or putting excessive pressure on the ball of the foot. Your pediatrician or family physician may recommend **Hapad** pediatric foot products. Early intervention using these soft, comfortable natural wool felt foot pads can help children's feet to grow stronger and gently influence a correct gait.



Children's Longitudinal Metatarsal Arch Pads

-  Available in 3 thicknesses to adjust the amount of correction as your child's feet grow.
-  Provides support for the medial and metatarsal arch.
-  Petite sizes: 1/8", 3/16", 1/4" thickness

Product Name	1-2 pairs	3+ pairs
Children's Longitudinal Metatarsal Arch Pads	\$6.00/pr.	\$5.50/pr.

For placement, see page 2.



Children's Scaphoid Pads

-  Comfortably supports and strengthens children's arches.
-  One size, 1/4" height

Product Name	1-2 pairs	3+ pairs
Children's Scaphoid Pads	\$6.00/pr.	\$5.50/pr.

For placement, see page 2.

Children's Metatarsal Cookies



-  Centrally locate in shoe to relieve pressure on the ball of the foot.
-  One size, 1/4" height

Product Name	1-2 pairs	3+ pairs
Children's Metatarsal Cookies	\$6.00/pr.	\$5.50/pr.

For placement, see page 4.





Children's Metatarsal Bars

-  Gently transfers pressure (weight-bearing) away from the ball of the foot.
-  One size, 1/4" height

Product Name	1-2 pairs	3+ pairs
Children's Metatarsal Bars	\$6.00/pr.	\$5.50/pr.

For placement, see page 4.

Children's Comf-Orthotic® Insoles

-  An all-in-one insole to correctly realign the delicate, maturing bones of children's feet. Arch and metatarsal support with a cupped heel for rear foot balance and stability.
-  Children's shoe sizes: 10-1/2-11-1/2

12-13-1/2
1-2-1/2
3-4-1/2

Product Name	1-2 pairs	3+ pairs
Children's Comf-Orthotic® 3/4 Length Insoles	\$8.00/pr.	\$7.00/pr.
Children's Full Length Insoles	\$9.00/pr.	\$8.00/pr.
Children's Sports Replacement Insoles	\$15.00/pr.	\$14.00/pr.

For placement, see pages 8 and 9.

NOTE: For children's leg length discrepancies or varus/valgus misalignment of the heel, use our Heel Pads and Medial/Lateral Pads in a 2" width.

To Order:

1-800-544-2723 or 1-412-835-1234 (Mon-Fri 8 A.M.-5 P.M. EST)

Here are a few “tricks” that physicians use for the most accurate placement of Longitudinal Metatarsal Arch Pads, Metatarsal Pads, Metatarsal Cookies and Metatarsal Bars.

If the shoe is worn...

Examine the inside of the shoe near the metatarsal region. Look for dark spots on the sole of the shoe that usually correspond with pressure areas, sore spots and calluses on the foot. Place front of selected metatarsal pad just proximal to the dark spot in the shoe.



If the shoe is new...

You can duplicate this wear spot by marking the painful area of your foot with lipstick or a marker. Replace your shoes and take several steps to transfer this mark to the sole of your shoe. Place the selected metatarsal pad just behind the dark spot in the shoe.



NOTE: A Metatarsal Pad is shown in the above photos, but the same fitting instructions apply for all metatarsal varieties. When fitting pads, just reveal a small portion of the adhesive on the back of the pad to test for a comfortable fit.

When using the Neuroma Pads...

Use the same methods as above for locating the painful area of the foot and the corresponding dark area in the shoe.

The smaller, teardrop-shaped Neuroma Pad should be placed a little farther forward in the shoe, with the crest of the pad placed just over the mark in the shoe. This will effectively spread the metatarsals and relieve the painful "pinching" on the nerve.





HAPAD[®], Inc.

P.O. Box 6

Bethel Park, PA 15102

