

Application examples from practice: Long-soled insert

For an optimal soft bedding in the forefoot (given marked deformities)

Diagnosis: Flat/splay foot
Body weight: approx. 90 kg



Material used:
(Layout from foot to bottom)

Material	Layer	Function	Colour	Strength
nora® Lunatec combi 5	Cushion (Lunairflex)	bedding	60 bright grey	3 mm
	Stabilisation (Lunasoft SLW)	permanently resilient	111 royal blue	3 mm
nora® Lunacell A	Stabilisation in the backfoot	shaping	07 flesh colour	3 mm
nora® Lunasoft SLW	Cushion (compensation longitudinal arch)	permanently resilient	07 flesh colour	10 mm

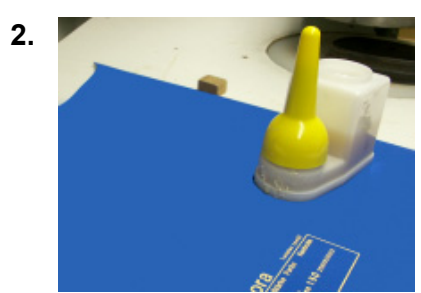
Preparation:



Cut to size the materials.

Note that the surface of the last must be smooth.

Hint: In case of minor inequalities, apply specimen shoe sheeting. This guarantees a smoother top layer and facilitates better slipping on of the shoe for your patient.



Apply adhesive on polychloroprene basis to the contact areas of nora® Lunatec combi 5 (backfoot to pad).

Coating of nora® Lunacell 3 mm (prior marking facilitates fixing and coating).

Airing: approx. 2 min.



Activation of **nora® Lunatec combi 5** in a closed heat source.

Setting of oven: 130° -150°C

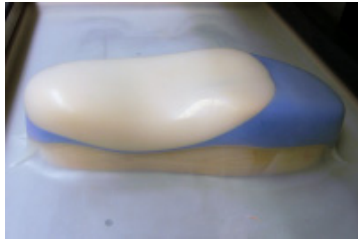
After 1 ½ minutes, place **nora® Lunacell 3 mm** again in the oven for a further 2 minutes for activation.

Total activation time:

nora® Lunatec combi 5 = 3 ½ minutes

nora® Lunacell 3 mm = 2 minutes

3.



After a total activation time of 3 ½ minutes, form both materials in one process step and leave to cool subsequently.

Cooling: approx. 11 min.

Hint: Forming in the retrocapital areas is facilitated by applying a pad.

4.



Coating of **nora® Lunasoft SLW 10 mm** with adhesive on polychloroprene basis.

Airing: approx. 2 min.

Activation of **nora® Lunasoft SLW 10 mm** in a closed heat source.

Heating: approx. 5 ½ minutes

5.



Forming and cooling in Vakutherm.

Cooling: approx. 11 min.

6.



Grind to shape the insert.