

Application examples from practice: Long-sole sport insert with shock absorber

Optimised / permanent heel damping in efficient design

Diagnosis: Flat/splay foot

Body weight: approx. 80 kg



Material used:

(Layout from foot to bottom)

Material	Layer	Function	Colour	Strength
nora® Lunatec combi 6	Cushion (Lunasoft SLW)	permanently resilient	137 terra	4 mm
	Stabilisation (Lunasoft AL)	shaping	81 black	10 mm
nora® Supersorb	Heel area	shock-absorbing	82 brick red	2 mm

Preparation:



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 the customer.



Activation of **nora® Lunatec combi 6** in a closed heat source.

Setting of oven: 130° -150°C

Heating: approx. 6 min.

3.



Cut **nora**[®] Lunatec combi 6 to size and place on the last for forming.

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

4.



Cooling phase approx. 12 min.

The cooling can be accelerated by applying a humid, cold cloth.



5.



Grind to shape the insert at the bottom and sides.



6.



Marking of a “working line” for the area where **nora**[®] Supersorb is to be inserted later.



Grind **nora® Lunatec combi 6** at the bottom to integrate **nora® Supersorb**.



Marking of **nora® Supersorb**.



Cutting and fitting of **nora® Supersorb**.

Hint: When cutting, leave a tolerance of approx. 2mm on the side. **nora® Supersorb** should be smaller than the inside and not be flush at the sides. Only by this will the visco-elastic effect be obtained 100%.



Apply adhesive on polychloroprene basis to the contact areas of **nora® Lunatec combi 6** and **nora® Supersorb**.

Hint: Gluing at the fixing point is sufficient. Do not glue the entire surface of **nora® Supersorb** because this will limit the visco-elastic properties.

