

A close-up photograph showing a person's foot being fitted with a blue, custom-molded insole. The person's leg is in a blue and white checkered shirt, and they are wearing a black dress shoe. Another person's hands are visible, carefully placing the insole into the shoe. The background is a plain, light-colored wall.

x line<sup>®</sup>

Q alleviate

PediPod

NINE to FIVE

HeelFixKit

 **steeper**  
Creating life's turning points, together



The latest range of insoles and foot orthoses added to our product portfolio is a collection by HealthyStep designed to make orthotic prescription quick and effective. The revolutionary products include:

- **Vectorthotic®** a modular customisable foot orthotic system
- **X-Line** a range of simple off-the-shelf insoles which includes an array of condition-specific designs
- **HeelFixKit®** a four-stage programme for the treatment and rehabilitation of plantar heel pain.

These simple but effective devices have now established themselves as the first line of defence to foot pain in many clinics.

For more information or to place an order please contact us at orthoticequiries@steepergroup.com or call +44 (0) 113 207 0435.

**Features of X-Line Insoles**

The term 'X-line' refers to the coordinate system where the sagittal plane is represented as an "X". As gait is about moving forward, most motion of the foot occurs in the sagittal plane just like the rest of the joints in the leg. Each X-Line insole is a 'total contact' device meaning it is in contact with the shoe throughout its length. Made from expanded foam, each X-Line orthosis has these common features:

- contoured heel** A contoured heel seat affording control with comfort for the patient.
- mid-foot saddle** A mid-foot saddle. An integral part of the design, this 'hump' reduces the speed and amount of distal calcaneal plantarflexion in the foot.
- 1st met recess** X-line also has a 1st metatarsal recess freeing the 1st metatarsophalangeal joint from early and high-pressure instance, to allow good sagittal motion as the foot accelerates towards the next step.
- wedge kit compatible** Specifically designed for the X-Line range, the wedge kit comprises a pair of 4-degree and 8-degree wedges. The kit offers a rear foot wedge which extends into the arch enhancing the mid-foot control provided by the mid-foot saddle.



**Mid-foot saddle design**

In describing the mid-foot saddle, the best analogy to use is that of a car driving over a humpback bridge.

- decelerate** As the car approaches the bridge, it slows to go up the incline. Calcaneal plantarflexion is reduced when the heel meets the mid-foot saddle.
- stabilise** At a safe speed, the car crosses the hump of the bridge. The foot is stabilised when fully loaded on the saddle.
- accelerate** Once over the hump, the car accelerates away. The 1st ray drops into the recess and encourages the MTP joint to bend, the heel raises and sagittal movement within the foot has been maximised.

**xline<sup>Standard</sup>**

The X-Line insole is available in a standard version which is low profile, low volume and extremely adaptable. It is simple to fit, easy to adjust and manufactured from material with a shore rating value of 50. It offers optimum comfort for the patient and can be trimmed to fit virtually any shoe. The brushed nylon surface allows easy passage of the foot into the shoe.

The insole features an anatomical heel cradle providing comfortable, yet effective, rear foot control. The mid-foot support stabilises the foot when loaded and is more comfortable than a traditional 'arch support'.

X-Line wedges are available separately and the flat base which is common across the range readily accepts them and many more additions the clinician wishes to make. X-Line wedges are universal across the range and have been specifically designed to enhance the sagittal plane control provided by the X-Line device.

Wedges can be applied to change the geometry and properties of the device and additional heel lifts are also available. See **page 16**.

**Indications for Use:**

- Arch aches or pains from foot strain, pain under forefoot and toe area and heel and ankle pains, including mild Plantar Fasciitis.
- Used as a first-line device for a wide range of presenting complaints such as generalised foot pain, calf injuries, arch pain, heel pain and anterior knee pain.

**Ordering Information X-Line Standard**

Size	UK	EU	Part Number
X-Small	>3	>36	<b>XLIN05</b>
Small	3-5	36-38	<b>XLIN04</b>
Medium	6-8	39-42	<b>XLIN03</b>
Large	9-11	43-46	<b>XLIN02</b>
X-Large	12-14	47-49	<b>XLIN01</b>
XX-Large	15-16	50-51	<b>XLIN01X</b>

This size chart is intended as a guide only.



**Helpful tip!**

Used as a first-line device for a wide range of presenting complaints such as generalised foot pain, calf injuries, arch pain, heel pain and anterior knee pain.



# x line<sup>70</sup>

For patients requiring a firmer option of the X-Line which is still compatible with X-Line unique wedges, the X-Line70 insole is manufactured from a material with a shore rating value of 70. The higher shore value means this orthosis offers additional options for modification by grinding and trimming to create intrinsic posting, creating less bulk in the shoe.

Wedges can be applied to change the geometry and properties of the device and additional heel lifts are also available. See **page 16**.

**Indications for Use:**

- Arch aches or pains from foot strain, pain under forefoot and toe area (metatarsalgias) and heel and ankle pains, including mild Plantar Fasciitis.
- Used as a first-line device for a wide range of presenting complaints such as generalised foot pain, calf injuries, arch pain, heel pain and anterior knee pain.

Ordering Information X-Line 70			
Size	UK	EU	Part Number
Small	3-5	36-38	XLINE0470
Medium	6-8	39-42	XLINE0370
Large	9-11	43-46	XLINE0270
X-Large	12-14	47-49	XLINE0170

This size chart is intended as a guide only.



# x line<sup>RIF</sup>

The X-Line RIF (reinforced) insole was created in response to clinicians' requests for an X-Line with greater durability. The X-Line RIF provides a durable, antibacterial top cover and a reinforced plastic shell to provide greater integral strength. Extra modifications are possible due to the improved structural rigidity.

The X-Line RIF's durability comes in the shape of a plastic 'shell' extending from the heel to the forefoot. The shell is light but adds considerably to the lifespan of the insole. As with all X-Line insoles, the RIF sports an anatomical heel cup, a supportive mid-foot saddle and a 1st joint recess which all contribute to a more functional and efficient gait. The firmer, patterned top cover is long-lasting and is antibacterial.

Available in full length and ¾ length.

Wedges can be applied to change the geometry and properties of the device and additional heel lifts are also available. See **page 16**.

**Indications for Use:**

- Arch and foot strain, pain under forefoot and toe area (metatarsalgias), ankle pains, including mild Plantar Fasciitis and calf strains and other recurrent heel pain after running.

Ordering Information X-Line RIF				
Size	UK	EU	Part Number	
			Full Length	¾ Length
Small	3-5	36-38	XLINERE04	XLINE3/404
Medium	6-8	39-42	XLINERE03	XLINE3/403
Large	9-11	43-46	XLINERE02	XLINE3/402
X-Large	12-14	47-49	XLINERE01	XLINE3/401
XX-Large	15-16	50-51	XLINERE01X	-

This size chart is intended as a guide only.



**Helpful tip!**

An increasingly popular insole, the X-Line RIF is used for a wide range of symptoms including heel pain, arch pain and general foot fatigue.



# xline<sup>TPD</sup>

The TPD insole is extensively used in the UK and is used to manage a variety of lower limb conditions associated with feet that excessively pronate (flatten) beyond what is normal or necessary.

The deep heel cup offers reassuring and effective control of the rear foot, and there is an extra anti-pronatory feature within the heel cup so the rear foot is actively supported. The mid-foot saddle provides essential support and improves stability throughout gait.

Wedges can be applied to change the geometry and properties of the device and additional heel lifts are also available. See **page 16**.

**Indications for Use:**

- This insole provides immediate relief from Posterior Tibial Tendon Dysfunction - a condition which causes sudden or gradual arch drop - and should be fitted as soon as possible after symptoms start.

Ordering Information X-Line TPD			
Size	UK	EU	Part Number
Small	3-5	36-38	XLINETPD04
Medium	6-8	39-42	XLINETPD03
Large	9-11	43-46	XLINETPD02
X-Large	12-14	47-49	XLINETPD01
XX-Large	15-16	50-51	XLINETPD01X

This size chart is intended as a guide only.



# xline<sup>AT</sup>

The AT insole is designed to specifically resolve overstrain and pain of the Achilles (calcaneal) tendon. The insole is reinforced for improved stability and boasts a hindfoot lift which raises the heel. This reduces the strain on the Achilles during the driving phase of gait. The X-Line AT features a mid-foot saddle and a 'profiled arch stabilising contour', designed to reduce the speed of distal calcaneal plantarflexion of the foot during weight acceptance and prevent excess loss of navicular height.

Wedges can be applied to change the geometry and properties of the device and additional heel lifts are also available. See **page 16**.

**Indications for Use:**

- Designed to reduce strain on the Achilles tendon during gait, the X-Line AT is designed to reduce calf muscle-related stress, improve foot position and cushion the heel.

Ordering Information X-Line AT			
Size	UK	EU	Part Number
Small	3-5	36-38	XLINEAT04
Medium	6-8	39-42	XLINEAT03
Large	9-11	43-46	XLINEAT02
X-Large	12-14	47-49	XLINEAT01
XX-Large	15-16	50-51	XLINEAT01X

This size chart is intended as a guide only.





# xline<sup>DJD</sup>

The X-Line DJD insole works by reducing the upward bending force (dorsiflexion) usually put on the big toe as the heel lifts off the ground, whilst still allowing the other toes to bend normally. This reduces associated pain and avoids overload of other metatarsal joints.

The heel raise allows the foot to pitch over the big toe whilst the forefoot rocker is precisely located to reduce big toe joint stress. In addition, a special 'hallux trench' reduces how much the big toe needs to bend when walking, or during other activities. The lesser toe platform ensures the other toes continue to work normally whilst the heel cradle and mid-foot support is optimised for comfort.

Wedges can be applied to change the geometry and properties of the device and additional heel lifts are also available. See **page 16**.

**Indications for Use:**

- For 1st MTP Joint Osteoarthritis, this insole can also be used in instances where the big toe joint has been fused (arthrodesis) surgically.

Ordering Information X-Line DJD			
Size	UK	EU	Part Number
Small	3-5	36-38	XLINEDJD04
Medium	6-8	39-42	XLINEDJD03
Large	9-11	43-46	XLINEDJD02
X-Large	12-14	47-49	XLINEDJD01
XX-Large	15-16	50-51	XLINEDJD01X

This size chart is intended as a guide only.



# xline<sup>PF</sup>

The X-Line PF is designed for heel pain caused by Plantar Fasciitis. It incorporates a selection of specialist features including a heel lift which reduces the strain on the Plantar Fascia, an arch support to take the load from the heel and a heel indentation and shock dot positioned to take pressure off the most sensitive area of the heel (medial process of plantar calcaneal tubercle). The insole also comes with an intrinsic lateral skive to the rear foot and lateral forefoot which reduces 'sudden' eversion moments. The 1st metatarsal recess and lesser metatarsal transverse plane support the insole to improve 1st metatarsophalangeal joint function and create a stable forefoot during heel lift.

Wedges can be applied to change the geometry and properties of the device and additional heel lifts are also available. See **page 16**.

**Indications for Use:**

- The condition specific PF insole is one of very few foot orthotic devices specifically designed for heel pain caused by Plantar Fasciitis.

Ordering Information X-Line PF			
Size	UK	EU	Part Number
Small	3-5	36-38	XLINEPF04
Medium	6-8	39-42	XLINEPF03
Large	9-11	43-46	XLINEPF02
X-Large	12-14	47-49	XLINEPF01
XX-Large	15-16	50-51	XLINEPF01X

This size chart is intended as a guide only.







Originally designed to meet the mechanical challenges of the high-risk foot, this low-profile, contoured surface provides ultimate comfort to all patients. The mid-foot/arch support provides superior stability and the anatomical heel cradle gives effective rear foot control. The shock-absorbing properties of the Pressure Perfect have widened their usage to include many sporting and recreational activities including walking, hiking, running, racquet and multi-directional sports where supportive cushioning aids performance.

In tests held at a gait analysis laboratory, these products demonstrated a reduction in pressure at the forefoot. The Pressure-Time Integral (PTI) describes not only the pressure at a specific point on the foot but how long that pressure lasts at that specific point. Pressure Perfect was designed to reduce pressure at the forefoot, where many diabetic foot ulcers occur. Test results indicated that in prescribing Pressure Perfects, a reduction of PTI by between 22% and 39% occurred in the result. Please contact customer services for full details on this study.



**Helpful tip!**  
Increasingly popular with badminton, tennis and netball players, the Pressure Perfect insole is ideal for that extra impact absorbency.

Wedges can be applied to change the geometry and properties of the device and additional heel lifts are also available. See **page 16**.

**Indications for Use:**

- Suitable for 'at risk' feet such as patients suffering from diabetes, rheumatoid arthritis, poor circulation of blood in the feet, as well as other diseases and general ageing that can cause loss of soft tissues (atrophy) under the feet.

Ordering Information X-Line Pressure Perfect			
Size	UK	EU	Part Number
Small	3-5	36-38	PRE04
Medium	6-8	39-42	PRE03
Large	9-11	43-46	PRE02
X-Large	12-14	47-49	PRE01
XX-Large	15-16	50-51	PRE01X

This size chart is intended as a guide only.

# PediPod®

PediPod® insoles are uniquely designed to help children develop healthy foot and body posture as they grow. The development of poor posture while growing potentially disturbs normal walking, running and standing which can lead to recurrent back, knee and foot pain as an adult - often resulting in a lifetime of treatment.

With its extra-deep heel cup, arch cradle and unique 'sagittal skive', the stresses and strains on developing bones and muscles are changed to stimulate a healthy posture. The PediPod has a deep heel cup allowing a little more anti-pronatory control, comfort and a feeling of being properly supported. The mid-foot 'saddle' is a contoured profile that improves dynamic function by reducing the amount and speed of pronation in the hindfoot of the child. Under the first joint is a recess which allows the big toe to bend (dorsiflex) effectively when walking, making the gait more efficient.

Wedges can be applied to change the geometry and properties of the device and additional heel lifts are also available. See **page 16**.

**Indications for Use:**

- The PediPod is a unique paediatric device which is easy to fit in most children's sensible shoe styles, to provide immediate pain relief and stabilise children's feet. Best results are achieved when combined with exercises to strengthen the feet and legs.

Ordering Information PediPod			
Size	UK	EU	Part Number
F	6-7.5 (Child)	22.5-25	PED06
E	8-9.5 (Child)	25.5-27.5	PED05
D	10-11.5 (Child)	28-29.5	PED04
C	11-12 (Child)	29-30	PED03
B	1.5-3 (Adult)	33.5-35.5	PED02
A	3.5-4.5 (Adult)	36-37.5	PED01

This size chart is intended as a guide only.



**Helpful tip!**  
The PediPod is now the first choice for many clinicians in the treatment of arch aches, leg fatigue, Sever's disease and Osgood Schlatters disease.  
  
Very popular with children, a great colour, durable and not usually requiring any further modification.



# xline<sup>Vector</sup>

This modular system brings all the advantages of custom foot orthoses without the need for casting or waiting. Each X-Line Vector pack contains a polypropylene composite shell, top covers and a range of clip-in rear foot and forefoot posts. The shell can be customised to the patient's requirements by clipping in the appropriate post to invert the rear foot, support the forefoot with a varus, valgus or no post as deemed suitable. If desired, apply the moulded top cover incorporating a 2mm neoprene comfort layer, which can then be cut to the required length. Other additions such as heel lifts or extension postings can easily be added. Vectorthotic is totally customisable, being an injection moulded span device its strength lies in the integrity of the design and durability of the shell.

### Ordering Information X-Line Vector

Size	UK	EU	Part Number
E	3-4	36-37	VEC05
D	5-6	38-40	VEC04
C/D	6-7	40-41	VEC03W
C	7-8	41-42	VEC03
B/C	8-9	42-43	VEC02W
B	9-10	44-45	VEC02
A	11-12	46-47	VEC01

This size chart is intended as a guide only.

### Easy to adjust:

- Rear foot posts - these are easily applied to the orthosis by snapping them into the rear foot platform.
- Forefoot posts - by gently heating the glue, these posts can be stuck onto the forefoot platform.
- Altering orthotic pitch - if required, the orthosis can be heated and shaped.
- 1st Met cut out - after a few seconds of gentle heating, the orthosis can be trimmed to allow that 1st metatarsal space to plantarflex.



Rear foot clip-in wedges



Applying forefoot posts



1st metatarsal head cut-out



Re-pitching X-Line Vector



### Helpful tip!

This innovative device provides the control and longevity found in a custom device. Any adjustments can be easily and rapidly performed by the clinician.

# alleviate select

Alleviate Select is a completely customisable, high-quality orthosis. This insole has increased durability, and injection-moulded technology for an ultra-slim profile - a real plus for patients wanting to swap them between different types of footwear. The top covers can be replaced when needed, meaning one insole can last several years. An attractive design and highly cosmetic appearance, this insole is likely to encourage compliance from patients.

Wedges can be applied to change the geometry and properties of the device and additional heel lifts are also available. See **page 16**.

### Ordering Information Alleviate Select

Size	UK	EU	Part Number
E	3-4	36-37	ALVSO05
D	5-6	38-40	ALVSO04
C/D	6-7	40-41	ALVSO03W
C	7-8	41-42	ALVSO03
B/C	8-9	42-43	ALVSO02W
B	9-10	44-45	ALVSO02
A	11-12	46-47	ALVSO01

This size chart is intended as a guide only.





# alleviate evolve

Designed to be the best first intervention device available on the market, the Alleviate Evolve is the go-to-range for more for more active patients that want something comfortable, functional and also sporty in aesthetic. The mid-foot support stabilises the foot when loaded and is more comfortable than a traditional 'arch support'. The unique 'mid-foot saddle' with arch profile, heel cup and metatarsal support is designed to affect motion in the sagittal plane.

The insole takes up minimal shoe space for maximum comfort and support, and is therefore suitable for a wide range of comfort shoes. The medium firmness allows the foot to bed the insole into shape to maximise comfort, but once bedded-in, the insole shows good durability.

Wedges can be applied to change the geometry and properties of the device and additional heel lifts are also available. See **page 16**.

Ordering Information Alleviate Evolve			
Size	UK	EU	Part Number
Small	3-5	36-38	AEV04
Medium	6-8	39-42	AEV03
Large	9-11	43-46	AEV02
X-Large	12-14	47-49	AEV01

This size chart is intended as a guide only.



# alleviate evolve+

Offering all the features of the Evolve, the Evolve+ mid-foot support stabilises the foot when loaded and is engineered to be more comfortable than a traditional 'arch support'. The unique 'mid-foot saddle' arch profile, heel cup and metatarsal support is designed to affect motion in the sagittal plane.

The Evolve+ features heel cradle and mid-foot contoured support for maximum comfort in comparison to a traditional 'arch support'. The insole incorporates a high lateral flange, reinforced medial flange geometry and deeper 1st MTP joint cavity.

Wedges can be applied to change the geometry and properties of the device and additional heel lifts are also available. See **page 16**.

Ordering Information Alleviate Evolve+			
Size	UK	EU	Part Number
Small	3-5	36-38	AEV04P
Medium	6-8	39-42	AEV03P
Large	9-11	43-46	AEV02P
X-Large	12-14	47-49	AEV01P

This size chart is intended as a guide only.





# Wedges

Compatible with **Alleviate** and **X-Line** insoles

## Posting for Function

The Posting system is designed to create forces in point specific locations on foot anatomy across the range of foot orthoses.

The rear foot posts are extended, tri-planar, and designed specifically to apply specific moments of force to control the maximum arch deforming - a result of weight-bearing forces on the foot at a specific moment of gait. Available in a range of sizes and thicknesses, these posts should be seen as doses of force that can be used to enhance the effectiveness of the insole.

## Rear Foot Post

Designed to work with the insoles arch and mid-foot saddle profile to prevent excess plantarflexion, eversion, and abduction of the talonavicular joint.

The rear foot posts enhance the mid-foot saddle profile of the insole, by slowing the forward progression of the body's centre of mass over the foot when the arch muscles are tired or weak.

Finally, the post is tapered down distally from the talonavicular joint and calcaneocuboid joint to promote forward progression of the leg into the late midstance phase. This prevents the post from delaying heel lift and helping the body to accelerate off the foot during terminal stance.

The rear foot post can also be reversed (left to right and vice-versa) to become a lateral post when a patient shows lateral instability or under eversion in loading response.



## Additional wedges



## Rear foot wedges

- Self-adhesive shore 60 rear foot lateral wedges available in two heights - 4° and 8°

### Rear foot wedges (supplied as pairs)

Size	Part Number Alleviate/X-Line	
	4°	8°
Small/Medium	ALW01	ALW02
Large/X-Large/XX-Large	ALW03	ALW04



## Forefoot wedges

- Self-adhesive shore 60, 4° forefoot lateral wedges

### Alleviate Forefoot wedges

Size	Part Number
Small/Medium	ALVFW02
Large/X-Large/XX-Large	ALVFW01



## Heel raise

- Self-adhesive 6mm heel raises

### Alleviate Heel raise (supplied individually)

Size	Part Number
Small/Medium	ALVHR02
Large/X-Large/XX-Large	ALVHR01

# NINE to FIVE Everyday

Discrete yet surprisingly supportive, this low profile insole fits into a wide variety of flat shoes including; ballet pumps and brogues. This insole is designed to provide comfort for shoes with a heel height of up to 1.5cm. In addition, this orthosis features mid-foot contour and metatarsal support for maximum comfort for minimal space, compared to a traditional 'arch support'. The heel 'shock dot' helps reduce stresses associated with heel impact.

Wedges can be applied to change the geometry and properties of the device and additional heel lifts are also available. See **page 16**.

### Ordering Information NINE to FIVE Everyday

Size	UK	EU	Part Number
Small	3-5	35.5-38	9TO5S
Medium	6-8	39-43	9TO5M
Large	9-11	44-45	9TO5L
X-Large	12-14	46-48	9TO5XL

This size chart is intended as a guide only.





# NINE to FIVE Heels

This very slim and discreet orthotic device makes high heels more comfortable to wear. It is designed to work by moving body weight away from the forefoot towards the heels, helping to relieve pain and burning sensations around the balls of the feet and toes. This insole sits at the back of the shoe only, so the toe box isn't filled with material, leaving toes free, unlike other high heel insoles that fill the toe box and squash toes. They are compatible with any heeled shoe over 34mm, and the optimally designed inbuilt flexion-lines allow the insole to shape to each shoe's heel height. Comfortable, washable and infused with peppermint essence for freshness, the insole grips to the shoe as opposed to the foot so they will not move within the shoe - yet can still be removed to fit another pair of heels. To keep the insoles working fully, wash with mild soapy water before transferring to another pair of heels and air dry.

Ordering Information NINE to FIVE Heels					
Size	UK	EU	Part Number		
			Black	Pink	Clear
Small	3-4.55	35.5-37.5	925BS	925PS	925CS
Medium	5-7.5	38-42	925BM	925PM	925CM
Large	8.5-10	43.5-44.5	925BL	925PL	925CL

This size chart is intended as a guide only.



# HeelFixKit

The HeelFixKit was designed as an initial intervention solution for heel pain which uses a multi-modality approach. The kit is aligned to NICE guidelines for the 1st tier treatments of Plantar Fasciitis and brings all these treatments together. By combining insoles, taping, stretching and strengthening the foot, a treatment programme is initiated that treats the heel pain holistically. The treatment regime not only helps settle the pain but also prevent the re-occurrence of heel pain.

Included within the kit:

- The HeelFixKit PF insole, designed to alleviate pain and rest the heel
- A Foot Therapy Ball, designed to rehabilitate and massage the foot
- 14 days supply of HeelFixKit strapping, for instant pain relief
- An instructional booklet on foot and leg exercises to restore normality

**Note:** The following products: strapping tape, HeelFix Insoles and the Foot Therapy Ball can be purchased separately, please contact Customer Services for further details and part numbers.

**Indications for use:**

- The HeelFixKit is designed to alleviate pain and rest the heel.

Ordering Information HeelFixKit			
Size	UK	EU	Part Number
Small	3-5	36-38	HFk04
Medium	6-8	39-42	HFk03
Large	9-11	43-46	HFk02
X-Large	12-14	47-49	HFk01
XX-Large	14+	49+	HFk01X

This size chart is intended as a guide only.







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Creating life's turning points, together

Steeper Group  
Unit 3, Stourton Link  
Intermezzo Drive  
Leeds  
LS10 1DF

Part of the  
**eqwal.**  
Family

Tel: +44 (0) 113 207 0435  
Email: [orthotics@steepergroup.com](mailto:orthotics@steepergroup.com)

[www.steepergroup.com](http://www.steepergroup.com)

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