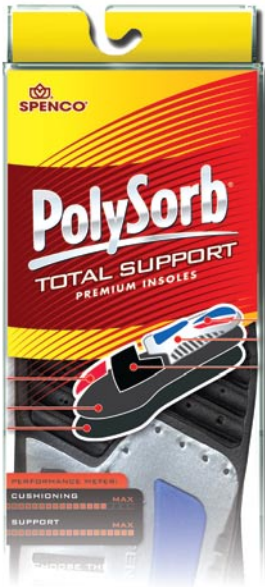


# Spenco® PolySorb® Total Support Replacement Insoles

Cat. No. 39-313



## Target Consumer:

Athletes looking for support who participate in a variety of physical activities.  
Consumers who want to heat mold a foot bed for a custom fit.  
Consumers seeking firmer support and motion control.

## Recommended For:

Increased shock absorption.  
Advanced support for the arch and heel.  
Improved motion control to reduce pronation and supination.

## Best For Use In:

Athletic, tennis, basketball and training shoes with removable sockliners.

## Components\*:

EVA, PU, PP, Fabric w/ *Ultra-Fresh Silpure* Anti-Microbial,  
Thickness at Heel: 8.50mm (3/8in),  
Thickness at Forefoot: 3.50mm (1/8in)

## Instructions:

To mold (optional): Trim insoles to fit into shoe. Preheat oven to 185°F (90°C). Place insoles in oven for 2 minutes. Quickly place insoles in shoes. Wearing socks, insert feet, tighten laces and wear for at least 10 minutes.

## Care:

Hand wash in warm water. Air dry.

## Sizing Chart:

Size	0	1	2	3	4	5	6
U.S. Women's	3/4	5/6	7/8	9/10	11/12		
U.S. Men's			6/7	8/9	10/11	12/13	14/15
U.K.	2/3	4/5	5/6	7/8	9/10	11/12	13/14
European	32/34	36/38	38/40	40/42	42/44	44/46	46/48

## Features & Benefits:

- 1 **3-Pod™ Cushioning System** (patent pending) absorbs shock and helps prevent over pronation.
- 2 **PolySorb® Stability Cradle** provides advanced arch support and deep heel cupping.
- 3 **Optional Heat Molding** provides maximum support and a customized fit.
- 4 **Low-friction Antimicrobial Top Cloth** helps prevent blisters and control odor.
- 5 **Metatarsal Arch Support** offloads pressure from the ball of foot to help relieve forefoot pain.
- 6 **Forefoot Crash Pad** provides extra cushioning under the ball of foot for a smooth transition to toe-off.
- 7 **Reverse Morton's Extension** creates a toe-off pad for greater propulsion.

**One-Year Unconditional Guarantee**

Call toll-free: 1-800-877-3626  
In Canada: 1-800-387-9538

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



\*Measurements are approximate and vary by size.