



# JUST

## NovaPED sports by schein



**Foot support technology  
in your sports shoe**

Handmade in Germany



— Germany since 1879 —



**NovaPED sports Running**  
..... page 4



**Special support with raised outer edge**  
..... page 5



**Special support with cut-out of the plantar fascia tendon**  
..... page 6



**NovaPED sports Football**  
..... page 7



**NovaPED sports Ball Sports**  
..... page 8



**NovaPED sports Racket**  
..... page 9



**NovaPED sports Bike**  
..... page 10



**NovaPED sports Golf**  
..... page 11



**NovaPED sports Skating**  
..... page 12



**NovaPED sports Cross-Country Skiing**  
..... page 13



**NovaPED sports Downhill Skiing**  
..... page 14



**NovaPED sports Snowboard**  
..... page 15

## Foot support technology in the sports shoe

The wide variety of sports and the different strains on the musculoskeletal system show how different the strain on our feet can be as well.

To avoid damage from excessive strain or alleviate existing complaints, we have developed the NovaPED sports foot support further. These are high-quality plastic blanks characterised by a low height.

The NovaPED sports foot support blanks are designed for different sports with their specific movement and strain patterns. They ensure high wearing comfort, prevent excessive strain and contribute to the alleviation of complaints.

Choosing the right sports shoe is important for the shoe and foot support to form a perfectly working unit. For a good fit in the shoe, the present insole must be taken out before the NovaPED sports foot support is adjusted to the shoe.

# Analysing movement

A foot scan, an examination, a movement analysis and a detailed interview form the basis for individual foot support supply aligned with the customer's needs. They can be supplemented with a dynamic pressure measurement and video analysis.

The NovaPED sports foot support can be reworked for individual adjustment.

Review of the foot muscles



Movement analysis on the treadmill



Explanation of the gait



Individual adjustment to foot and shoe



How forces may act on the feet during sports and what movement patterns result is shown by these examples:



Force shift and increased strain:





## NovaPED sports Running

Item no.  
wide - 987620-000  
narrow - 987624-000



Torsion support

Pressure reducing pad

Metatarsal support

Longitudinal arch support

Relief Basis V



With the growing number of running enthusiasts, the number of running-specific overstrain damage and injuries has increased as well. Many complaints can be avoided in advance by countering, e.g., increased pronation in the ankle with a foot support.

### Area of use:

- Running
- Hiking
- Nordic Walking

### Application examples:

- Achilles tendon problems (Achillodynia)
- Tarsal tunnel syndrome
- Knee pain (Chondropathia patellae)
- Pes-valgus foot (Pes plano valgus)
- Over-pronation
- Splayfoot (Pes transversus planus)

### Construction features:

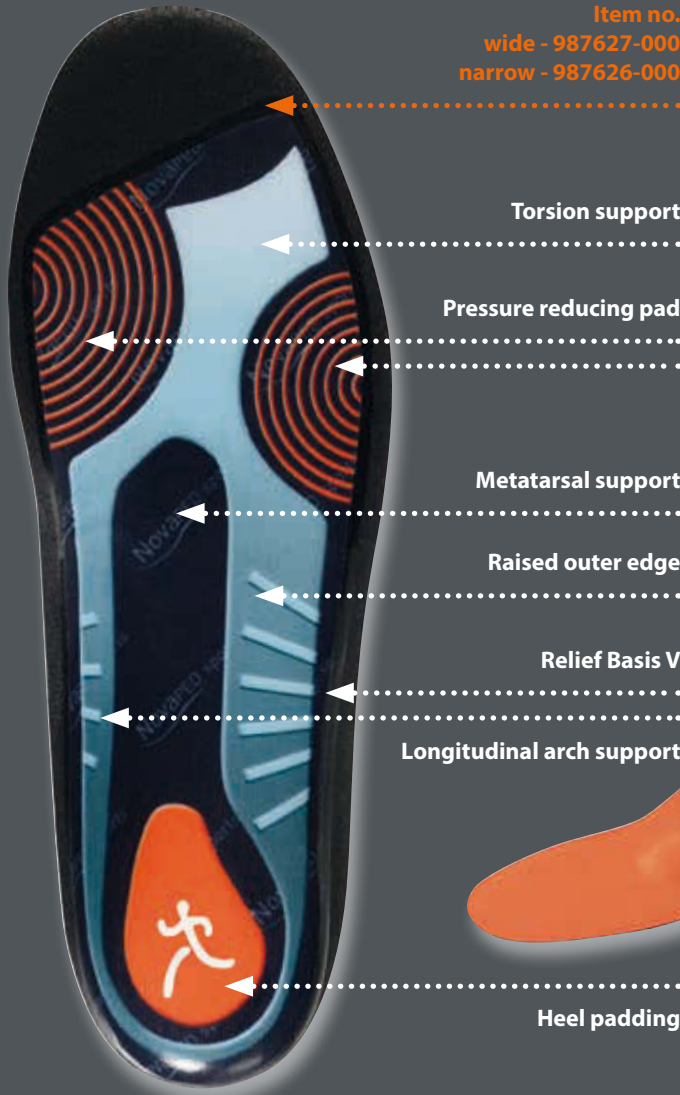
- Supports the foot at the longitudinal arch and the forefoot area
- Pressure redistribution and relief by additional padding under the heel and the metatarsal heads
- With high-quality micro fibre cover
- Three strengths, depending on shoe size
- Available in sizes 35-53 wide, 35-46 narrow



## NovaPED sports Running

### Special support with raised outer edge

Item no.  
wide - 987627-000  
narrow - 987626-000



#### Area of use:

- Running
- Hiking
- Nordic Walking

#### Application examples:

- Tractus iliotibialis band syndrome
- Bowlegs (Genu varum)
- Arthritis in the outer knee joint
- Instability in the outer ankle

#### Construction features:

- Raised outer foot edge from the beginning of the heel bone across the metatarsal heads V
- Support in the area of the longitudinal arch and forefoot
- Pressure reducing by additional padding in the forefoot and heel area
- With high-quality micro fibre cover
- Available in sizes 35-53 wide, 35-46 narrow

The NovaPED sports Running with raised outer edge is intended, e.g. for athletes with a varus leg axis (bowleg), which causes over-strain of the outer knee structures. An integrated raised outer edge may contribute to relief and pain reduction.

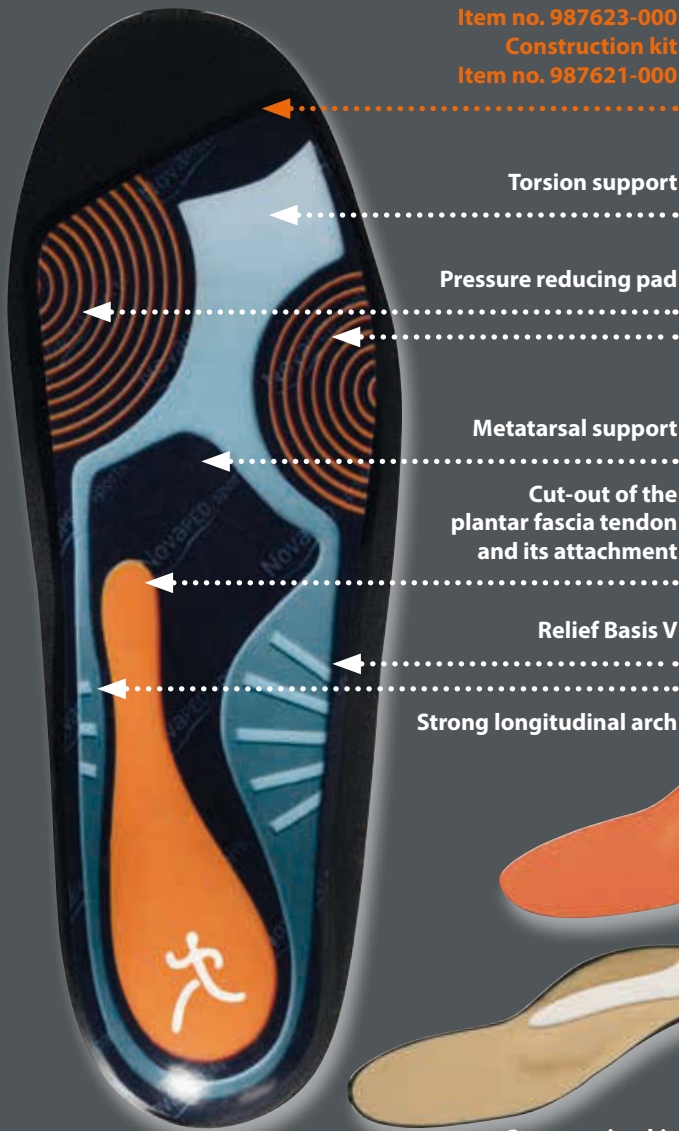




## NovaPED sports Running

Special support with cut-out of the plantar fascia tendon

Item no. 987623-000  
Construction kit  
Item no. 987621-000



Construction kit



### Area of use:

- Running
- Hiking
- Nordic Walking

### Application examples:

- Inflammation of the plantar fascia tendon
- Heel spur (Calcaneus spur)

### Construction features:

- Cut-out of the plantar fascia tendon and its attachment
- Good pressure distribution by the strong longitudinal arch
- Long-sole soft bed
- With high-quality micro fibre cover
- Available in sizes 35-49

### Construction kit for individual design option

comprising of:

- 1 pair foot support blanks
- 1 pair balancing pads for the side without pain, **without** cover

About 10 % of all people are suffering from heel pain in connection with a heel spur or inflammation of the plantar fascia tendon. Walking becomes agony and compensation movements cause further problems.

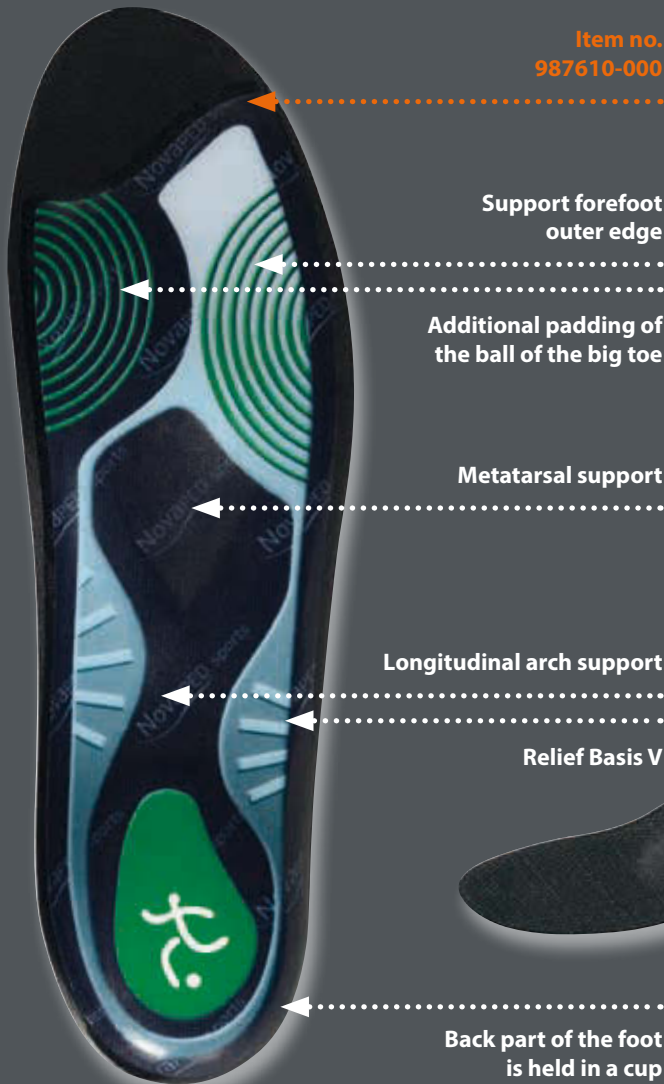
In this case, the NovaPED sports Running can relieve the aching joint and alleviate complaints.





## NovaPED sports Football

Item no.  
987610-000



### Area of use:

- Football

### Application examples:

- Pes-valgus foot (Pes plano valgus)
- Splayfoot (Pes transversus planus)
- Problems in the forefoot area (Metatarsalgia)

### Construction features:

- Particularly narrow form
- Supports the foot's arch structure
- Forefoot stabilisation by slight pronation support
- Good heel and midfoot guidance by cup shape
- Additional padding of the joint of the big toe
- With ARU-X-static cover, antibacterial
- Available in sizes 29/30-48

Football is one of the most popular sports in the world. Changing movement patterns lead to injury and excessive strain in particular in the area of the foot. Unsuitable football shoes often contribute to such problems.

The NovaPED sports Football improves fit and wearing comfort of the football shoe, contributing to injury prevention.



## NovaPED sports Ball Sports

Item no.  
wide - 987661-000  
narrow - 987668-000



Cushioning  
forefoot padding

Support forefoot  
outer edge

Metatarsal support

Stabilises  
mid- and rear foot

Relief Basis V



### Area of use:

- Basketball
- Handball
- Volleyball

### Application examples:

- Achilles tendon problems (Achillodynia)
- Tarsal tunnel syndrome
- Knee pain (Chondropathia patellae)
- Pes-valgus foot (Pes plano valgus)
- Splayfoot (Pes transversus planus)

### Construction features:

- Stabilises and supports the mid- and rear foot
- Cushioning forefoot padding
- Support of the forefoot's outer edges
- With high-quality micro fibre cover
- Available in sizes 35-53 wide, 35-46 narrow

Ball sports are characterised by changing movements – running, jumping, turning and stopping. Particularly the big toe, the inside of the foot and the forefoot are subject to high strain. Overstrain may lead to pressure points, callous formation or pain in the foot, knee, hip and back.

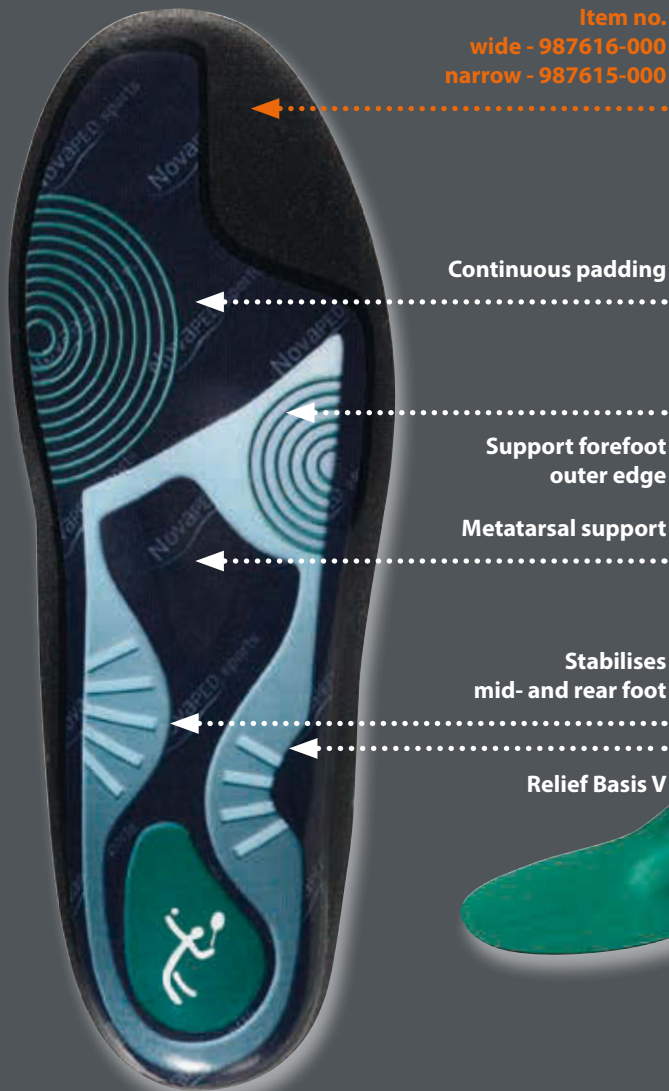
NovaPED sports Ball Sports alleviates sports-specific complaints and ensures wearing comfort with concurrent relief of strongly strained areas.





## NovaPED sports Racket

Item no.  
wide - 987616-000  
narrow - 987615-000



Continuous padding

Support forefoot  
outer edge

Metatarsal support

Stabilises  
mid- and rear foot

Relief Basis V

Different running movements with quick changes of direction put a lot of strain on the feet.

NovaPED sports Racket not only protects from overstrain damage, but also relieves structures already overstrained.



### Area of use:

- Tennis
- Badminton
- Squash
- Table tennis

### Application examples:

- Pes-valgus foot (Pes plano valgus)
- Splayfoot (Pes transversus planus)

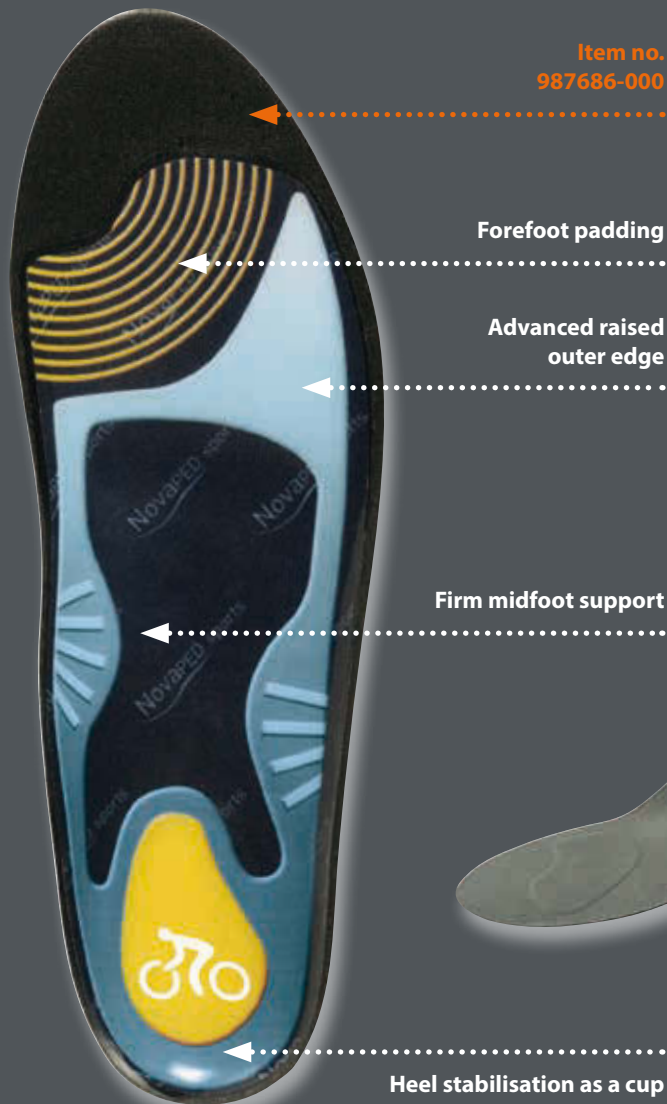
### Construction features:

- Stabilises and supports the mid- and rear foot
- Pressure reducing by long-sole padding
- Support of the forefoot's outer edges
- With high-quality micro fibre cover
- Available in sizes 35-53 wide, 35-46 narrow



## NovaPED sports Bike

Item no.  
987686-000



Forefoot padding

Advanced raised  
outer edge

Firm midfoot support

Heel stabilisation as a cup

When cycling, there is continuous strain specifically on the forefoot. This may cause painful pressure points and irritated nerves (e.g. tingling).

The NovaPED sports Bike with its special construction relieves overstrained foot structures, stabilises the foot and knee and improves power transfer to the pedals.



### Area of use:

- Cycling

### Application examples:

- Pes-valgus foot (Pes plano valgus)
- Splayfoot (Pes transversus planus)

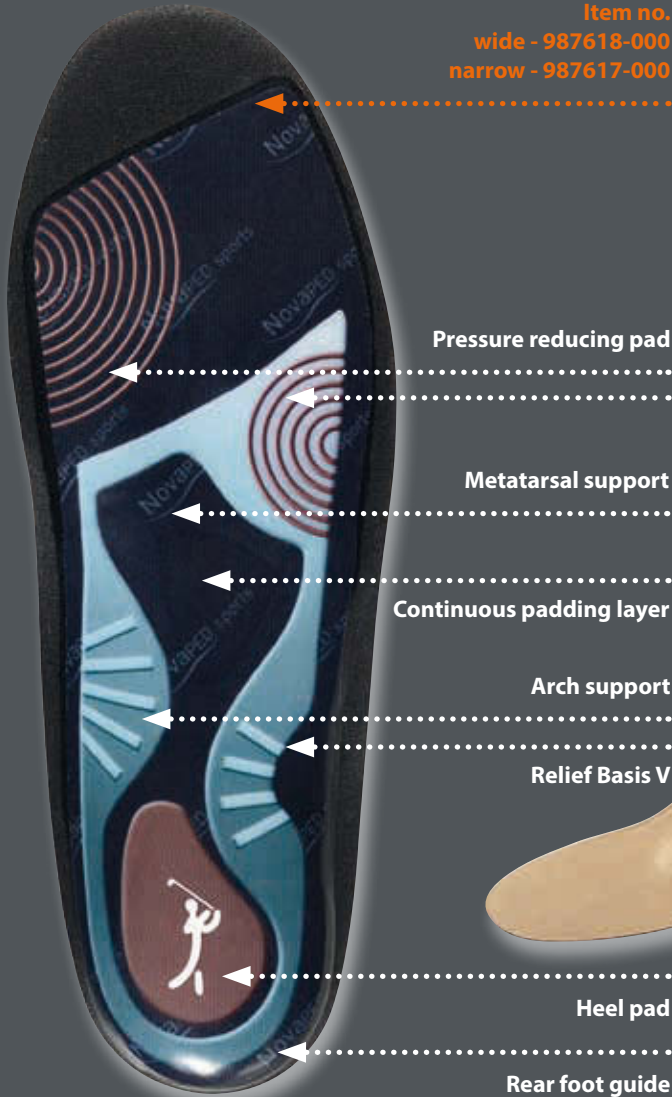
### Construction features:

- Heel stabilisation with a cup
- Advanced raised outer edge
- Pressure reducing forefoot padding
- Firm midfoot support for stabilisation of foot and knee
- Extra thin and firm structure
- With high-quality micro fibre cover
- Available in sizes 35-48



## NovaPED sports Golf

Item no.  
wide - 987618-000  
narrow - 987617-000



### Area of use:

- Golf

### Application examples:

- Pes-valgus foot (Pes plano valgus)
- Splayfoot (Pes transversus planus)

### Construction features:

- Support and stabilisation of the foot's arch structures
- Guidance of the rear foot
- Continuous padding layer
- Additional pressure reducing of the heel and the joint's of the big toes
- With high-quality micro fibre cover
- Available in sizes 35-53 wide, 35-46 narrow

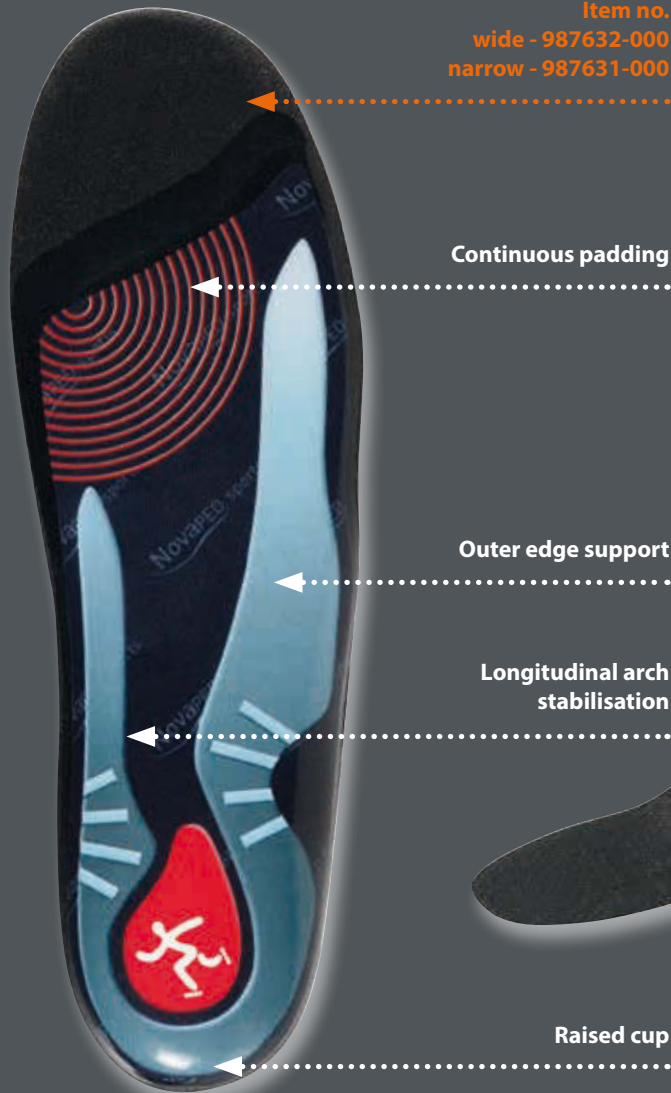
The NovaPED sports Golf is coordinated with the different needs in golf.

The foot is not only relieved and supported during long walks but also receives a stable basis for the drive.



## NovaPED sports Skating

Item no.  
wide - 987632-000  
narrow - 987631-000



Continuous padding

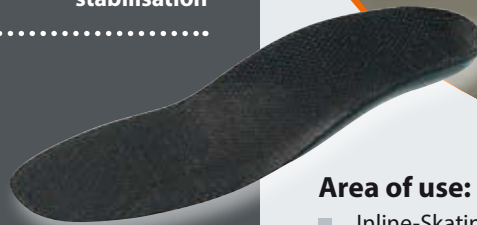
Outer edge support

Longitudinal arch stabilisation

Raised cup

Skating puts a static strain specifically on the inside of the foot. The feet cannot roll.

The NovaPED sports Skating stabilises the foot, increases wearing comfort in the shoe and improves the power transmission to the underground. Additionally, sports-specific complaints, such as irritated nerves (tingling, feet going to sleep) at the forefoot or pain in the area of the longitudinal arch are prevented.



### Area of use:

- Inline-Skating
- Speed skating
- Ice hockey
- Skating



### Application examples:

- Pes-valgus foot (Pes plano valgus)
- Splayfoot (Pes transversus planus)

### Construction features:

- Slim contour
- Stabilises the longitudinal arch
- Improved power transfer by raised cup at the outer edge
- Pressure reducing by long-sole padding
- With ARU-X-static cover, antibacterial
- Available in sizes 35-48 wide, 35-46 narrow



## NovaPED sports Cross-Country Skiing



### Area of use:

- Cross-Country Skiing

### Application examples:

- Pes-valgus foot (Pes plano valgus)
- Splayfoot (Pes transversus planus)

### Construction features:

- Supports the foot at the longitudinal arch
- Firm heel cup for rear foot stability
- Pressure reducing of the forefoot by additional padding
- Flexible forefoot
- With ARU-X-static cover, antibacterial
- Available in sizes 35-48 wide, 35-46 narrow

Classic cross-country skiing is characterised by a continuous movement pattern where particularly the heel needs good guidance in initial step and push-off phase.

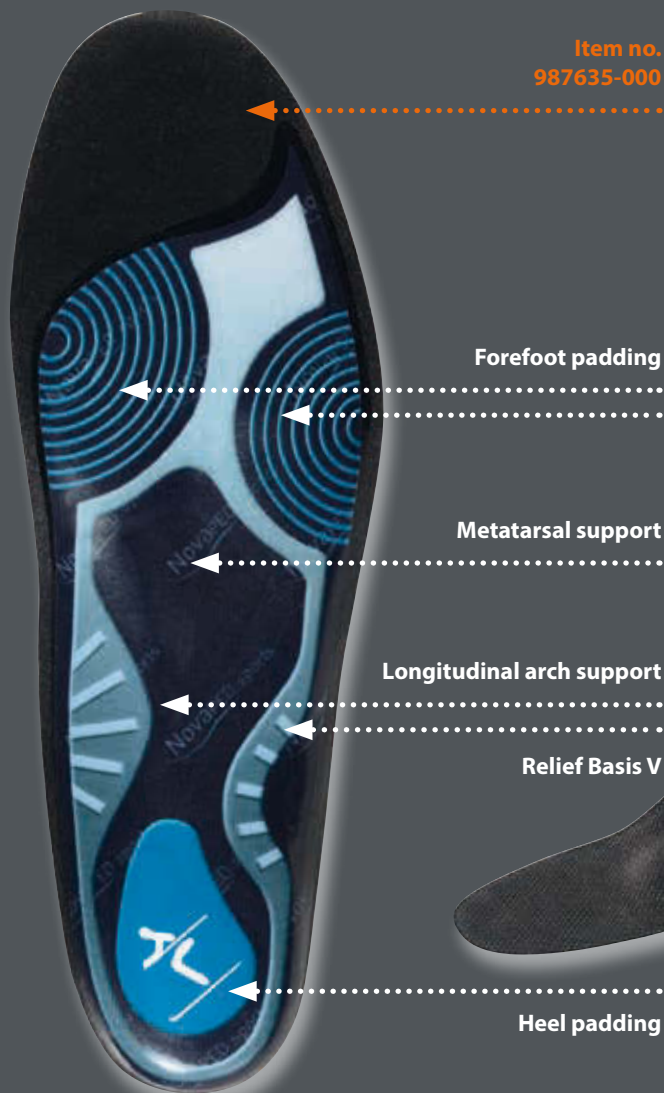
The NovaPED sports Cross-Country Skiing achieves this by a well-developed firm cup. The flexible setup in the forefoot warrants the necessary mobility at the push.





## NovaPED sports Downhill Skiing

Item no.  
987635-000



### Area of use:

- Downhill Skiing

### Application examples:

- Pes-valgus foot (Pes plano valgus)
- Splayfoot (Pes transversus planus)
- Problems in the forefoot area (Metatarsalgia)

### Construction features:

- A firm cup stabilises the rear foot and knee
- Support of the longitudinal arch
- A moderate pad relieves the forefoot
- Additional pressure reducing by forefoot and heel padding
- With ARU-X-static cover, antibacterial
- Available in sizes 35-48

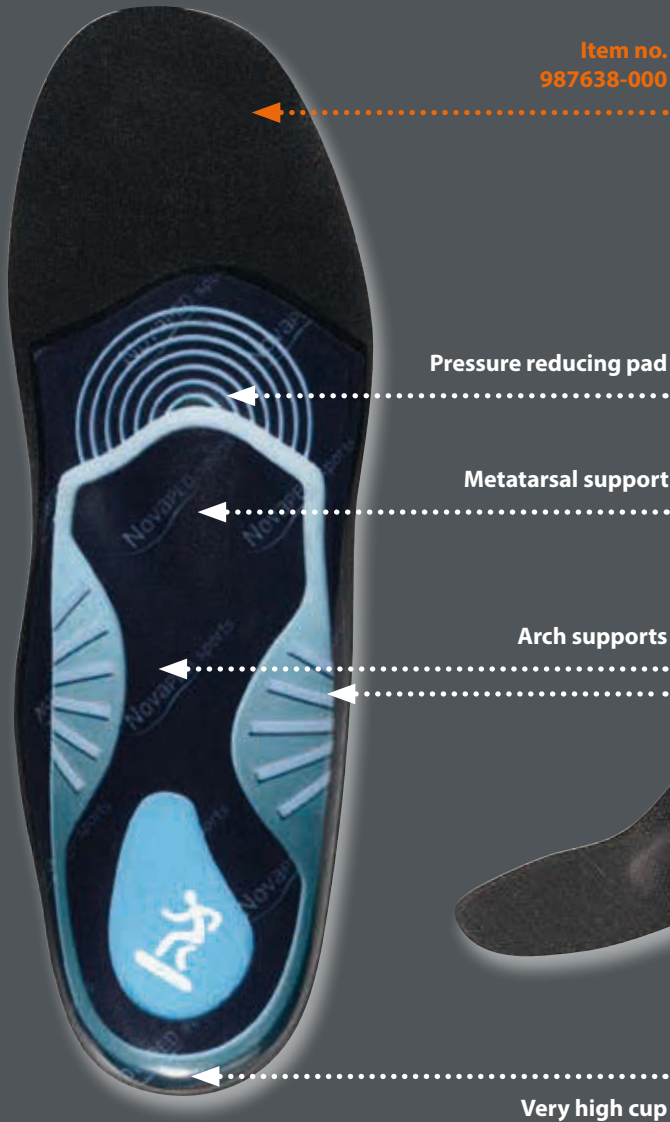
Downhill skiing does not permit to roll off the foot. The stiff skiing boot keeps it in a fixed, unmoving position. The fastening buckles apply pressure on the foot towards the bottom of the shoe, leading to foot pain and irritated nerves, specifically in the forefoot area.

The NovaPED sports Downhill Skiing increases wearing comfort, avoids sports-specific complaints and optimises power transfer to the ski.



## NovaPED sports Snowboard

Item no.  
987638-000



The NovaPED sports Snowboard not only ensures wearing comfort, but also improves the fit of the snowboard boots. Rotation stability and improved power transmission to the board are achieved.



### Area of use:

- Snowboard

### Application examples:

- Pes-valgus foot (Pes plano valgus)
- Splayfoot (Pes transversus planus)
- Problems in the forefoot area (Metatarsalgia)

### Construction features:

- Stabilises the arch structures
- Even pressure redistribution by longitudinal arch support and metatarsal support
- Very high cup for rear foot and rotational stability
- With ARU-X-static cover, antibacterial
- Available in sizes 35-48



04.0839.04.11.13

Specialist vendors



Schein Orthopädie Service KG  
Hildegardstr. 5  
42897 Remscheid  
Germany  
Tel. +49 2191 910-0  
Fax +49 2191 910-100  
info@schein.de  
www.schein.de



Germany since 1879  
www.novapedsports.de

099993-200