

Pressure relief with DARCO insole systems

4 special insoles – many possible uses

All
DARCO insole
systems
at a glance



Relief Contour Insole

PegAssist® Insole

PegContour® Insole Uni

Puzzle Insole®



DARCO

Relief Contour Insole

Arch Cushion Insole

Right ≠ Left 

For diabetics 

Time saving 



Pressure redistribution of up to 90 % due to nearly full contact

The Relief Contour Insole is a continuous cushion insole. Pressure redistribution of almost 90 % is achieved through the anatomically adapted contours. The lateral and medial longitudinal arch and the proximal transverse arch provide optimal pressure redistribution. Large pressure peaks are completely avoided. The polyurethane material quickly recovers its shape. Dorsal flexion of 2.4 degrees is achieved through the negative heel, thus providing additional forefoot off-loading. A pleasant Jersey-Lycra knit fabric cover increases wearing comfort.

INDICATIONS

- > After hallux valgus and small toe surgery (Austin, Akin, Scarf, Weil, Hohmann etc.)
- > Talipes valgus, flat foot, splay foot
- > Angio-neuropathic foot changes in combination with mild foot deformities

FEATURES

- > Arch cushion insole (long-soled)
- > Anatomically adapted contours → Optimal pressure redistribution
- > Contact between foot and sole over almost the entire surface → Pressure redistribution up to 90 %
- > Dorsal extension: Negative heel of 2.4° → Forefoot off-loading
- > Medial longitudinal arch and proximal transverse arch → Ideal load redistribution
- > Customisable PU material with high shape recovery
- > Soft lengthwise and crosswise sole covering → High wearing comfort
- > Height for size MM:
 - 12 mm in the rearfoot area
 - 16 mm in the forefoot area
- > Square Toe: Generous angular shape → Toe protection



PegAssist® Insole

Peg Off-Loading Insole

Right = Left 

For diabetics 

Low weight 

Time saving 



Relief Dual® / Plus

PegAssist® Insole
(MTP II + III omitted)
in the Relief Dual® / Plus

Selective off-loading through individual relief zones

The PegAssist® Insole is designed to provide selective plantar off-loading (up to 50 %) and is used mainly in acute treatments, but is also ideal for DFS treatments. Simple removal of individual pegs enables selective off-loading. A thin support board stabilises the off-loading area, and keeps the remaining pegs in place. The combination of an 18 mm thick insole, consisting of 3 layers, EVA (blue or black), Plastazote® and a top layer of Poron®, helps achieve optimal pressure relief.

INDICATIONS

For selective off-loading for:

- > Plantar lesions
- > Plantar ulcerations
- > Pressure points

FEATURES

- > Insert system with individually removable pegs
 - Customisable fitting
- > Various colours
 - Identical features, but different fit:
 - Blue sole: 7 Sizes (WS, WM, WL, MS, MM, ML, MXL)
 - Black sole: 5 Sizes (XS, S, M, L, XL)
- > Plantar pressure redistribution
- > Targeted, punctual pressure relief
- > Pressure reduced by up to 50%
- > Shock-inhibiting
- > Material: 18 mm PE foam layer + Poron® + EVA
- > Square Toe: Generous angular shape
 - Toe protection
- > Marker pen (included)

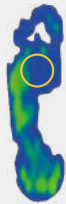


PegContour® Insole Uni

Universal Peg Arch Cushion Insole



Commodus Open®



PegContour® Insole Uni
(MTP II + III omitted)
in the Commodus Open®



AllRound Shoe®



PegContour® Insole Uni
(Heel omitted)
in the AllRound Shoe®

Simultaneous targeted offloading and pressure redistribution over the entire surface

The PegContour® Insole Uni is an effective, three-dimensional insole system for redistribution of plantar pressure. Through the adapted heel contour and memory foam an optimal pressure redistribution is achieved. Easy removal of individual pegs enables targeted relief. The pressure is reduced by up to 45 %. As this insole is symmetrical, it can be worn on either the right or left foot and can also be used for lesions on the arch of the foot.



**NEW
VERSION**
of the blue and
grey insole

The new version
has several advantages:

- + Modified production method
→ No EVA insole floor / backing plate required
- + Easier and quicker customisation
- + Optimised PU material composition
→ Better resilience
- + New insole lining and colour design
- + Made in Europe



Due to the symmetry, the insoles are
wearable either on the right or left.

Right = Left

R = L

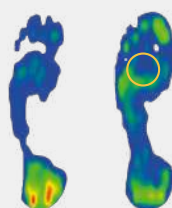
For diabetics

+

Time saving

⌚

Also in size
MXXL
(47,5 - 50,0)
available!



Relief Dual® / Plus PegContour® Insole Uni
(MTP II + III omitted)
in the Relief Dual® / Plus



INDICATIONS

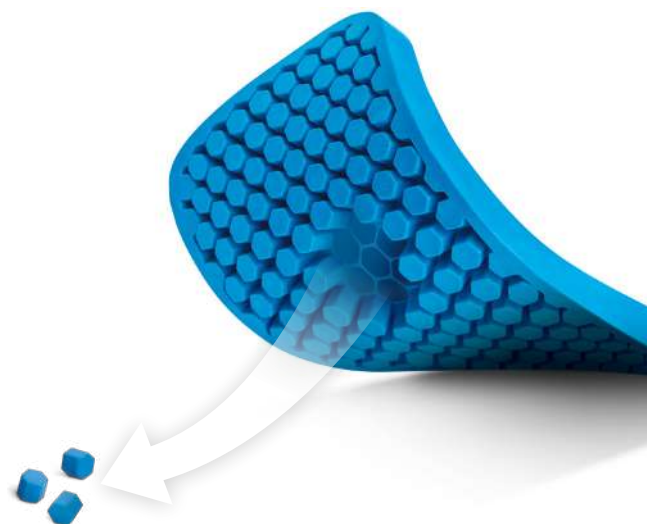
- > After hallux valgus and small toe surgery (Austin, Akin, Scarf, Weil, Hohmann etc.)
- > Postoperative use and treatment of the heel
- > Angioneuropathic foot changes in combination with mild foot deformities
- > Healing of ulcerations in the heel area (rearfoot ulcers)
- > Fasciitis plantaris / heel spur
- > Heel wounds

For selective off-loading for:

- > Plantar lesions
- > Plantar ulcerations / ulcer prevention
- > Pressure points

FEATURES

- > Shock-inhibiting arch cushion insole (long-soled) with individually removable pegs
 - Customisable fitting
- > Plantar pressure redistribution + targeted, selective pressure relief
- > Pressure reduced by up to 45%
- > Customisable PU material with high shape recovery
- > Soft sole covering made of lengthwise and crosswise elastic polyester
 - High wearing comfort
- > Symmetrical sole
 - Universal fit for right + left foot
- > For lesions in the arch of the foot
- > Anatomically adapted contours
 - Optimal pressure redistribution



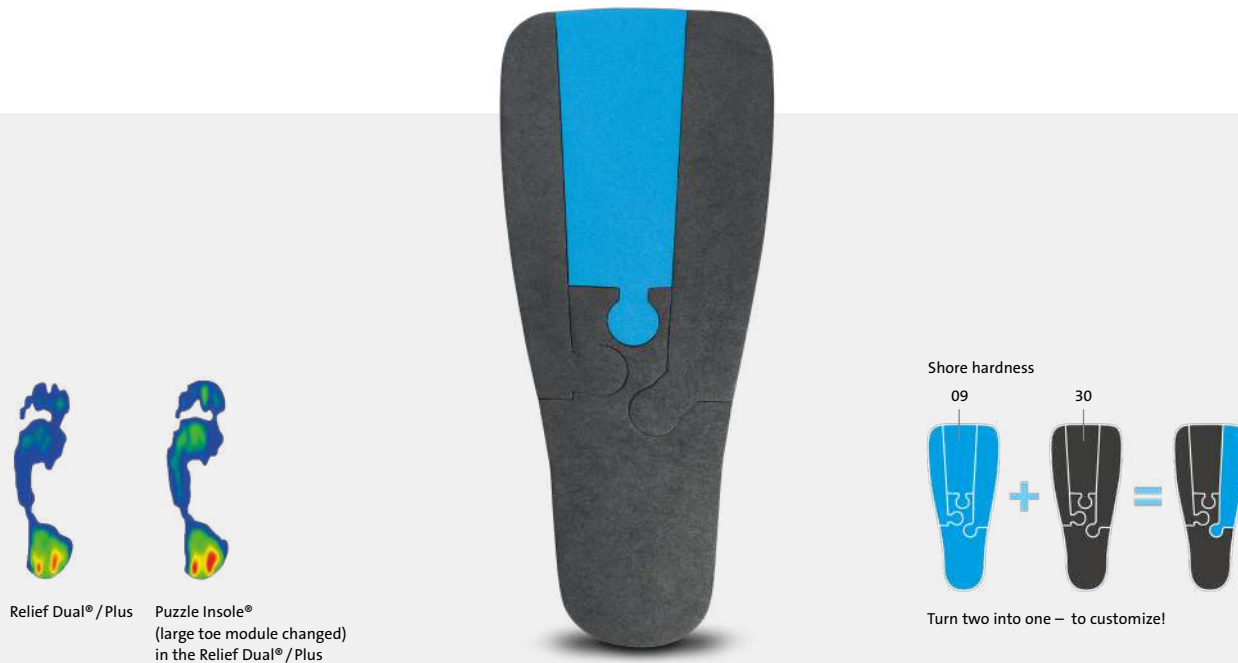
Puzzle Insole®

Modular Insole

Right = Left 

Low weight 

Time saving 



Indication-specific pressure relief through a modular insole with interchangeable elements

Simply interchanging the modules allows patient-specific and indication-specific pressure distribution. The negative heel of 2.4 degrees provides additional forefoot offloading. In the area of the foot needing relief, the black EVA module (30 Shore) is replaced with the corresponding blue, softer EVA element (9 Shore).

INDICATIONS

1 Small Toe Module (narrow)

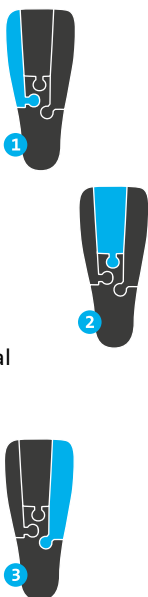
- > Tailor's bunion (digitus superductus)
- > Jones fractures
(puzzle module extends to Lisfranc joint row)

2 Middle Module

- > Weil and / or Helal osteotomies I – IV
- > Morton's neuroma
- > Hammer toe corrections
- > PIP / DIP arthrodesis
- > Metatarsal bone fractures II - IV
- > Shortening osteotomies of the metatarsal bones II - IV (puzzle module extends to proximal end of the metatarsal bones II - IV)

3 Big Toe Module (wide)

- > Metatarsophalangeal joint arthrodesis
- > Austin, Scarf and Akin osteotomies
- > Closing and opening wedge
- > Transverse and pendulum osteotomies
- > Lapidus arthrodesis (TMT1 arthrodesis)
- > Youngswick osteotomies
(puzzle module extends to cuneiform I)



FEATURES

- > Set of 2 soles (blue + black) with 4 elements each
→ Individual combination options
- > Different Shore hardnesses: Blue 09 | Black 30
- > Different composition of the sole modules
→ Indication-dependent pressure redistribution
- > Dorsal extension: Negative heel of 2.4°
→ Forefoot off-loading
- > Plantar pressure redistribution
- > Shock-inhibiting
- > Material: EVA foam
- > Square Toe: Generous angular shape
→ Toe protection





Acute foot cases require rapid care with an appropriate sole system. But an orthopaedically correct solution is also important for temporary solutions, until the final shoe fitting with a diabetes-adapted foot bed. The tailor-made combination for both application areas: Therapeutic shoes from the DARCO range, supplemented with special insoles.

Compatible products

		ReliefContour Insole	PegContour® Insole	PegAssist® Insole	Puzzle Insole®
MedSurg Post-Op Shoe		✓	✓	✓	✓
MedSurg Pro® Post-Op Shoe		✓	✓	✓	✓
AllRound Shoe® Closed Healing Shoe				✓	
Commodus Open® Open Healing Shoe			✓	✓	
Relief Dual® Off-Loading Shoe		✓	✓	✓	✓
Relief Dual® Plus Off-loading Shoe with High Ankle Support		✓	✓	✓	✓
OrthoWedge Forefoot Off-Loading Shoe			✓	✓	
OrthoWedge Light Forefoot Off-Loading Shoe			✓	✓	
HeelWedge® Heel Off-Loading Shoe			✓	✓	
SlimLine® Cast Boot			✓	✓	
Relief Insert® Walker 2.0 Lower Leg Foot Orthosis		✓	✓	✓	✓

Article List

SIZE ART.-NO. ART.-NO.



Relief Contour Insole

For MedSurg, MedSurg Pro®, Relief Dual®, Relief Dual® Plus, Relief Insert® Walker 2.0

Women	Right	Left
WS 34.0 – 36.5	RC-W1-R	RC-W1-L
WM 37.0 – 38.5	RC-W2-R	RC-W2-L
WL 39.0 – 41.0	RC-W3-R	RC-W3-L

Men		
MS 39.0 – 41.0	RC-M1-R	RC-M1-L
MM 41.5 – 43.0	RC-M2-R	RC-M2-L
ML 43.5 – 45.0	RC-M3-R	RC-M3-L
MXL 45.5 – 47.0	RC-M4-R	RC-M4-L



PegAssist® Insole

For MedSurg, MedSurg Pro®, Relief Dual®, Relief Dual® Plus, Relief Insert® Walker 2.0

Women	
WS 34.0 – 36.5	PAS-W1
WM 37.0 – 38.5	PAS-W2
WL 39.0 – 41.0	PAS-W3

Men	
MS 39.0 – 41.0	PAS-M1
MM 41.5 – 43.0	PAS-M2
ML 43.5 – 45.0	PAS-M3
MXL 45.5 – 47.0	PAS-M4



For OrthoWedge, OrthoWedge Light, HeelWedge®, Commodus Open®, SlimLine®

XS 33.5 – 37.0	PAS0
S 37.5 – 39.5	PAS1
M 40.0 – 41.5	PAS2
L 42.0 – 44.0	PAS3
XL 44.5 – 47.0	PAS4



Puzzle Insole®

For MedSurg, MedSurg Pro®, Relief Dual®, Relief Dual® Plus, Relief Insert® Walker 2.0

Women	
WS 34.0 – 36.5	PI-WS
WM 37.0 – 38.5	PI-WM
WL 39.0 – 41.0	PI-WL

Men	
MS 39.0 – 41.0	PI-MS
MM 41.5 – 43.0	PI-MM
ML 43.5 – 45.0	PI-ML
MXL 45.5 – 47.0	PI-MXL

SIZE ART.-NO.



PegContour® Insole Uni

For MedSurg, MedSurg Pro®, Relief Dual®, Relief Dual® Plus, Relief Insert® Walker 2.0

Women	
WS 34.0 – 36.5	PCIU-W1
WM 37.0 – 38.5	PCIU-W2
WL 39.0 – 41.0	PCIU-W3

Men	
MS 39.0 – 41.0	PCIU-M1
MM 41.5 – 43.0	PCIU-M2
ML 43.5 – 45.0	PCIU-M3
MXL 45.5 – 47.0	PCIU-M4
MXXL 47.5 – 50.0	PCIU-M5



For OrthoWedge, OrthoWedge Light, HeelWedge®, Commodus Open®, SlimLine®

XS 33.5 – 37.0	PCIU0
S 37.5 – 39.5	PCIU1
M 40.0 – 41.5	PCIU2
L 42.0 – 44.0	PCIU3
XL 44.5 – 47.0	PCIU4



For AllRound Shoe®

XS 37.0 – 38.0	PCIU-ARS0
S 39.0 – 40.0	PCIU-ARS1
M 41.0 – 42.0	PCIU-ARS2
L 43.0 – 44.0	PCIU-ARS3
XL 45.0 – 46.0	PCIU-ARS4
XXL 47.0 – 48.0	PCIU-ARS5



Product videos

