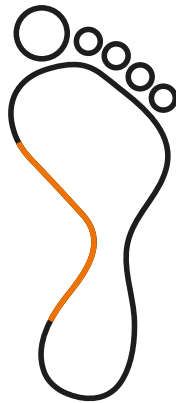


# Footdisc

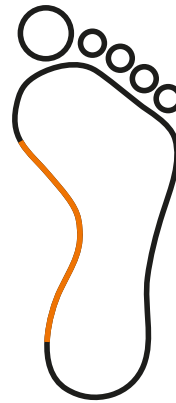
## Foot Print – Fußabdruck



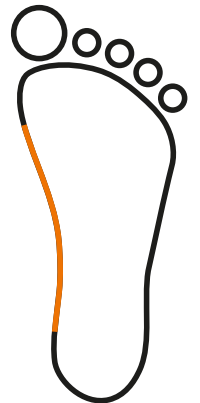
**A** High Arch  
Hohlfuß



**B** Medium Arch  
Normalfuß

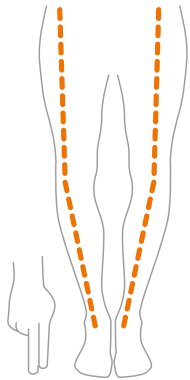


**C** Low Arch  
Senkfuß

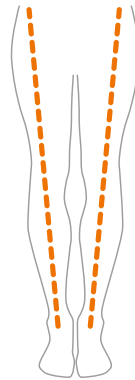


**D** Low Arch  
Senkfuß

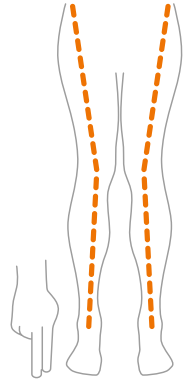
## Leg Axis – Beinachse



**1** Bow Leg  
O-Bein



**2** Straight Leg  
Gerades Bein



**3** Knock Knees  
X-Bein

## Your Result – Dein Ergebnis

A1, A2, B1, B2

Supination → Neutral

A3, B3, C1, C2, D1

Neutral → Overpronation

C3, D2, D3

Overpronation



Blue



Cushion



Yellow



Support



Red



Stability



**FOOTDISC**<sup>®</sup>

## Foot Print – Fußabdruck

- 1** Schuhe ausziehen  
Remove shoes
- 2** Ferse in Fersenschale platzieren  
Place heel in heelcup
- 3** 10 – 15 Sekunden warten  
Wait for about 10 – 15 seconds

## Leg Axis – Beinachse

- 1** Mit geschlossenen Knöcheln entspannt stehen  
Stand with your legs relaxed and heels together
- 2** Beinachse mit zwei Fingern prüfen  
Check leg axis with two fingers

## Result – Ergebnis


- 1** Buchstabe Fußabdruck mit Nummer Beinachse kombinieren  
Combine letter of arch type with number of static leg axis
- 2** Entsprechende Einlage oder Schuh wählen  
Choose the corresponding shoe or insole recommendation

## SIZE CONVERTER – GRÖSSENUMRECHNER

The FOOTDISC® device shows your regular shoe size.  
For athletic shoes add about one EU-size.

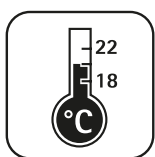
50	15			340	
49	14	15		330	
48	14	14	15	320	XXL
47	12	14	14	310	
46	11	12	14	300	XL
45	10	11	12	290	
44	9	10	11	280	L
43	8	9	10	270	
42	7	8	9	260	M
41	6	7	8	250	
40	5	6	7	240	S
39	4	5	6	230	XS
38	3	4	5	220	
37	2	3	4	210	
36	1	2	3	200	
35	13	1	2	190	
34	12	13	1	180	
33	11	12	1	170	
32	10	11			
31	9	10			
30					
29					
28					
27					

EU (French stitch)    UK UK Kids    US Men US Kids    US Women    Mondo (Millimeter)    FOOTDISC INSOLE



More information: www.currex.de. The FOOTDISC logo is a registered trademark of the currex GmbH. FOOTDISC test patent No. EP1844709. Developed and engineered in Germany.

## Maintenance – Pflegehinweise



Bei 18 – 22 °C lagern  
Store between 18 – 22 °C



Weiches Tuch + Desinfektion  
Soft cloth + disinfectant only



Nicht mit Schuhen betreten  
No shoes on thermo foil



Keine Sonneneinstrahlung  
Avoid direct sunlight



Vor Nässe schützen  
Keep dry