Tell Us Where It Hurts

Relief & Comfort Guaranteed!
End foot pain...Solve foot problems...Stay active!

Don’t suffer needlessly — here’s help for sore feet...

Congratulations! You’ve discovered the unique, medical footcare products that foot specialists use and recommend most to their patients. Look carefully through this product guide to find those that will help you, or a loved-one live more comfortably.

For 4 family generations since 1885, we’ve helped millions of people end foot pain with our specialized products, expert advice, and fast, friendly service. We can probably help you, too.

Ask your foot specialist. Ask your healthcare retailer. Get PediFix Medical Footcare, for 'relief and comfort, guaranteed'.

No Sore Feet!

P.S. Many foot problems don’t go away by themselves. If you’re suffering, now is the time to act!

15 Minute UV Shoe Sanitizer

Kills Fungus That Infect Your Feet & Nails

For ‘Microscopically Clean’, More Hygienic Shoes That Don’t Smell!

Shoes are warm, dark and damp — the perfect breeding ground for germs that can infect your feet and make them smell. More effective than sprays and powders that can leave a toxic residue, ShoeZap® is the fast, easy way to kill fungus and bacteria that cause Athlete’s Foot, Fungal Nails, Foot and Shoe Odor, Diabetic Infections and more. Keeps shoes ‘microscopically-clean’, more hygienic and safe to wear. One size Sanitizer fits all footwear styles and sizes, so ShoeZap® will disinfect every shoe in your home and family — Men’s, Women’s, Teens and Children. Shoes are the only article of clothing we never clean — until now.

1 Kit
- Item P3410

Replacement UV-C Lamps 1/package
- Item P3411
Budin Toe Straightener

Aligns Problem Toes

Reduce pain and friction associated with crooked, overlapping and flexible hammer toes with this comfortable slip-on pad. An adjustable loop gently encourages proper toe alignment while a soft, dual-layer cushion comforts the ball-of-foot area. One and two-toe Straighteners are interchangeable for left or right foot. For three-toe Straightener, choose right or left.

1/package. Specify items:
- Item P55 (Single-Toe)
- Item P57 (Double-Toe)
- Item P58 (Triple-Toe)

Tea Tree Ultimates® FungaSoap®

Naturally Washes Away Fungus and Bacteria with Tea Tree Oil

Win the fungus battle! This patented soap features Tea Tree Oil – used since ancient times to fight germs and as a natural antiseptic to prevent infection. Our exclusive formula can help relieve athlete’s foot and control odor. Also effective as an overall body wash to help alleviate skin rashes and irritations, ringworm, acne, itching, sweating and more. If you have a foot or body skin condition, try FungaSoap® today.

6 oz. 1 bottle
- Item P3071

13.5 oz. 1 bottle
- Item P3072

Tea Tree Ultimates® Foot Wipes

The new way to clean, deodorize and refresh feet fast!

Specially-formulated to wipe away sweat and odor, dirt and grime, fungus, bacteria and germs. Quick and easy foot hygiene, especially when a shower or bath is impractical. Use daily during diabetic foot inspections. Residue-free. Alcohol-free. 100% natural ingredients include Tea Tree Oil, Aloe, Vitamin E and Peppermint. Lightly scented.

25 Wipes/Package.
- Item P3370

Helpful Relief 3
**Visco-GEL® Fabric-Covered Toe Protector**

*Provides Complete Toe Comfort*

Take a stand against corns, ingrown nails, blisters and other toe irritations and protect them so they can heal naturally. This soft fabric cap stretches over your entire toe and completely surrounds it with vitamin-enriched Gel to absorb pressure and friction while releasing mineral oil to soothe and moisturize skin. No messy adhesives. Trimmable.

Specify Small (fits most), Large or Extra Large. 1/package.

*Item P82*

**Visco-GEL® All-Gel Toe Cap**

*Cushion and Protect Sore Toes*

Surround toes with soft Gel protection. Thin side wall design takes up less space in shoes, ‘Comfort Vent’ for breathability, extra padding for toe-tip protection. Relieves pain from corns, ‘hammer’ and crooked toes, ingrown nails, more.

Specify Small, Large or Extra Large. 1/package.

*Item P80*

**Visco-GEL® Blue Heavy Duty Toe Cap**

*Last Longer, Resist Tearing, Easier to Find*

Specify Small or Large. 1/package.

*Item P78*

**Podiatrists’ Choice® Nylon-Covered Foam Toe Cap**

*Ends Toe Pain Instantly*

Surround your toe with soft foam and relieve discomfort from corns, ingrown nails, blisters and other toe problems. A nylon cover and additional toe-tip padding provide extra durability and comfort.

Specify Small, Medium or Large. 1/package.

*Item P34*
Visco-GEL®
Fabric-Covered Toe Tube
Soothes and Protects Sore Toes
Soft fabric with Gel lining surrounds and separates toes. Cushions and protects to relieve corns, between-toe friction and irritation. Trim to fit to your exact needs. Choose Small for most toes, Large for big toes.
1, 6-inch piece/package.
Item P1202

Visco-GEL®
Corn Protectors
Relieve Painful Corns Instantly
Allow corns to heal naturally and prevent them from coming back. Slip on these soft bandages and their comfortable Gel pad will absorb pressure and friction. Visco-GEL® releases mineral oil and vitamin E to soothe and moisturize skin. Great for blisters too. Fabric stretches for a custom fit. No messy adhesives.
Specify Small or Large (Small fits most toes).
2/package.
Item P81

Visco-GEL®
All-Gel Digital Tubes
Surround & Divide Sore Toes
Soft Gel Tubes cushion and protect toes from pressure and friction, separate toes that rub. Relieve corns, crooked and overlapping toe irritations. Fit comfortably in most footwear.
Choose Small or Medium.
2/package.
Item P338

Visco-GEL®
Little Toe Sleeves™
Conical Shape to Save ‘Pinky’ Toes
One Size Fits Most.
2/package.
Item P32

Tubular-Foam Toe Bandages
Surround, Cushion and Protect Toes
These soft, foam tubes instantly cushion and separate toes that rub while reducing pressure and friction. Relieve corns, ingrown nails and other irritations comfortably while wearing almost any type of footwear. Trimmable.
Each package contains three, 3-inch long bandages of Small, Medium, Large, or Mixed sizes.
Item P337
Visco-GEL®
Hammer ToeCrutch®
Supports, Lifts Toe Tips, Protects Toe Tops
Exclusive design gently elevates curled toes to relieve pressure on toe-tip corns and irritations. Walking is easier and more comfortable instantly. Soft, wide loop protects and soothes toe-top corns and keeps this in place without elastic. Specify Small, Medium or Large. 2/package.
● Item P1037

Visco-GEL® ToeCoach™
Relieves Toe Pain 5 Ways
Aligns 1st toe to relieve pressure on bunions, separates 1st and 2nd toes that rub, straightens and divides underlapping/overlapping toes, supports hammer toes, and takes pressure off sore toe tips. Super-soft Gel for all day comfort. Small fits Women’s 4-9; Men’s 6-8. Large fits Women’s 10+; Men’s 9+
Specify Small or Large, Right or Left. 1/package.
● Item P2853

Visco-GEL® 3-Loop Toe Crest Cushion
Supports & Relieves Hammer Toes & Tips
Extra loops keep this soft Gel pad in position under hammer, claw and ‘mallet’ shaped toes to reduce pressure on toe tip corns, calluses and blisters. 3 loops help involve toes in propulsion, making walking easier and pain-free. Specify Small (fits shoe sizes 4-8) or Large (8+), Right or Left. 1/package.
● Item P1036
FELTastic®
Hammer Toe Cushion
Comforts Bent-Under Toes
Soft felt pad will instantly support your hammer, claw, mallet and/or arthritic toes while easing pressure on toe tips to help prevent corns, calluses and blisters. It can also soothe related forefoot pain. Adjustable toe loop holds cushion securely in place. Soft felt top cover.
Specify Small, Medium, Large, or Extra Large, Right or Left. 1/package.
Item P54

Visco-GEL®
Hammer Toe Cushion
Supports Bent-Under Toes, Relieves Toe-Tip Pressure
This special Gel cushion will ease pressure on toe tips to help prevent corns, calluses and blisters. Also soothes ball-of-foot pain often associated with hammer, claw or mallet toe conditions. Stretchable gel ring holds cushion in place without adhesives. Durable, washable and reusable for months.
Specify Small, Medium or Large, Right or Left. 1/package.
Item P53

Visco-GEL® 5-ToeBuddy®
Relief for Problem Toes & Foot Pain
Multiple spacers divide and align crooked, overlapping toes to relieve between-toe irritations. Use while resting or sleeping for a therapeutic toe stretch. Customize easily to help 1, 2 or 3 toes and specific foot problems including hammer toes and sore toe tips.
One Size Fits Most. 1 pair/package.
Item P1114

All Hammer Toe Cushion Sizing
Small fits Women’s Shoe Sizes 4-7
Medium fits Women’s Shoe Sizes 8-10, Men’s 6-8
Large fits Women’s Shoe Sizes 11+, Men’s 9-10
Extra Large fits Men’s Shoe Size 11+
Visco-GEL® ‘Stay-Put’ Toe Separators®

Gently Divide Smaller Toes That Rub

Soft, contoured Separators relieve between-toe pain. Absorb pressure and friction, soothe corns, gently align crooked, overlapping toes. ‘Hourglass’ shape for all day comfort. Soft Gel loop keeps this in perfect, comfortable position. Small (for little toes), Medium (for middle toes), Large (for use between 1st and 2nd toes).

2/package.

Item P26

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Pedi-Smart® Toe Trainers®

Splint Problem Toes

Ease pain by separating and straightening crooked, broken and/or hammer toes with these soft, fabric-covered splints. They feature adjustable Velcro® fasteners to secure a comfortable fit. Require minimal space in shoes. Fit left or right foot. Trimmable.

One Size Fits Most. 2/package.

Item P51

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Comfort ToeWraps™

Straighten Crooked Toes

Soft, thin, fabric-lined, adjustable foam loops help align and separate crooked, overlapping or ‘hammer’ toes. Closed loop encircles one toe, free end wraps around adjacent toe to ’buddy-up’, stabilize, gently divide and reposition. Relieve irritation between toes that rub. More comfortable, convenient, and longer-lasting than tape. Effective splint for broken, stubbed, and injured toes, and post-op bandage following toe surgery. Hook and loop closure. Washable, reusable. 7/8” width tapers to 1/2”.

One Size Fits Most. 2/package.

Item P6055

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“...the products are great. They have made a difference in my parents’ everyday life”

Dr. L., Pittsburg, PA
3-Layer Toe Separators
Divide Toes and Conquer Pain
Separate your crooked toes to relieve between-toe corns, blisters, pinching and cramping. These soft cushions soothe and prevent irritations by absorbing pressure with their durable, three-layer foam design. Trimmable.

Each package contains 6 Separators of Small, Medium, Large, or Mixed sizes.
Item P280

Visco-GEL® Toe Separators
Divide Crooked Toes Comfortably
Our soft Gel cushions help absorb pressure and friction to relieve rubbing, pinching, cramping and between-toe corns. Their vitamin-enriched gel also releases mineral oil to soften and moisturize skin.

Specify Small, Large, or Extra Large & Thick (Small fits most toes)
2/package.
Item P31

‘4 in 1’ Super Soft Toe Cushions™
Gently Separate, Cushion and Protect Toes
These soft foam cushions divide toes to absorb pressure and friction while comforting corns and other toe irritations. They also keep the space between toes dry and help athlete’s foot medications stay in place. Great for pedicures, too. Trimmable.

One Size Fits Most. 2/package.
Item P83
Visco-GEL®
Toe Spacers

Divide Sore Toes

These soft Gel positioners separate your big toe and second toe to help maintain proper alignment, prevent rubbing and relieve pressure on bunions. The vitamin-enriched Gel releases mineral oil to soothe and moisturize skin. Interchangeable for left or right foot.

Specify Small, Medium or Large (Medium size fits most) 2/package.

• Item P28

Visco-GEL®
‘Stay-Put’ Toe Spacers®

Gel Loop Keeps Spreader in Place

Gel toe spacers are great, but sometimes they move out of position. Our new, anatomically-shaped Spacer has a soft Gel toe loop that solves the problem, keeping the Gel pad in place.

Specify Medium (fits most) or Large size. 2/package.

• Item P27

Visco-GEL®
ToeBuddy® & Little ToeBuddy®

Separate & Align Toes That Rub

Two, soft Gel toe loops keep a contoured Spacer in place between first and second toes to separate, align, prevent corns, rubbing and friction. Helps keep crooked toes straight to relieve pressure on bunions, too. Fits left or right foot. Washable. Reusable. One Size Fits Most.

ToeBuddy®

• Item P33 – 1/package

Little ToeBuddy®

For Smaller Toes

• Item P35 – 1/package

Bunion Relievers™
Align Toes Properly

These soft, durable spacers separate your big and second toes to help maintain proper alignment, prevent friction and relieve pressure on sore bunions. Interchangeable for left or right foot.

Note: Product contains natural rubber latex which may cause allergic reactions.

Medium size fits most, Small and Large sizes also available. 2/package.

• Item P229
Visco-GEL®
Bunion Guard
Absorbs Pressure... Eases Pain

This soft, Gel shield cushions and protects sore bunions from pressure and friction. Visco-GEL® is enriched with vitamin E and mineral oil to soothe and moisturize skin. Slim design fits easily in most shoes. Soft, stretchable toe loop holds Guard in place without adhesives. Washable and reusable for months.

One Size Fits Most. 1/package.
Item P46-L

Visco-GEL® Little Toe Bunion Guard
Absorbs Pressure... Eases Pain

Specially-designed Gel cushion helps protect against irritation at the base of the little toe often called a ‘Bunionette’ or ‘Tailor’s Bunion’.

One Size Fits Most. 1/package.
Item P46-S

Visco-GEL® Dual-Action Bunion Fix™
Double Relief!

Two products in one! Soft Gel Spacer separates first and second toes that rub and helps align mild bunions, while the attached, contoured Gel Guard cushions and protects the painful bunion joint at the base of the big toe.

One Size Fits Most. 1/package.
Item P47

Visco-GEL® ToeBuddy® Bunion Guard
Separates, Aligns, Cushions and Protects

Two loops keep a soft Gel spacer in perfect position between first and second toes to separate and align. Contoured Guard absorbs pressure and friction to relieve bunion pain. Exclusive Visco-GEL® soothes and softens skin. Thin design fits in most footwear styles and makes shoes more comfortable. Washable, reusable and effective for months.

One Size Fits Most. 1/package.
Item P1038
**Visco-GEL®**
**Bunion Relief Sleeve**
*Ends Bunion Pain Instantly*

Soft Gel pad cushions and protects bunions from shoe pressure and friction. Soft ’N Stretch™ fabric sleeve positions the Gel comfortably, without adhesives. Spacious shoes will best accommodate its 1/8˝ thickness. Interchangeable for left or right foot.

Specify Small (fits shoe sizes 5-9 and average width feet) or Large (fits sizes 10+ and wide feet). 1/package.

• Item P1303

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**Nighttime Bunion Regulator™**
*Counteracts the strain that causes pain and deformity*

This unique splint works while you rest or sleep to relieve bunion pain. It holds the crooked big toe in its proper, natural, and correct position to ease discomfort, stretch and strengthen foot muscles and ligaments. Fully adjustable to your exact comfort needs. Recommended to patients as an alternative to bunion surgery.

Specify Small, Medium or Large and Left or Right.

(Fits Shoe Sizes — Small: Women’s up to 7; Medium: Women’s 8–10 & Men’s 6–8; Large: Women’s 11+ & Men’s 9+.)

1/package.

• Item P6035

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**Bunion SoftSplint™**
*Comfortable Alignment, Restful Sleep*

This soft, fabric splint helps align and straighten a crooked big toe and bunion joint when worn. Helps soothe and comfort painful bunions, stretch tight tendons and ligaments while you rest or sleep. Recommended by foot specialists to patients who don’t need or want bunion surgery. Also prescribed as a post-op splint to speed healing. Fits only in spacious shoes, not typical footwear. Sizing is approximate -- Small fits shoe sizes 4-7, Medium fits 8-10, Large fits 10+, Right or Left.

1/package.

• Item P6026
**Arch Support Bandage**

Relieves 7 Common Foot Pains

Soft elastic bandage gently squeezes the arch to provide support and extra stability to comfort sore, tired feet. Helps ease heel pain and plantar fasciitis, supports flat feet and fallen arches. Soothes bunions, forefoot and neuroma pain, too. Unlike bulky insoles, its thin design takes up very little space in shoes. Washable, reusable and effective for months.

Sizing is approximate midfoot/arch circumference: Specify Small for narrow feet, 7”, Medium for average feet, 8”, Large for wider feet, 9”, XL for wide feet, 10” midfoot measurement.

2/package.

- Item P60

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**Arch Support Bandage with Metatarsal Pad**

All-Day Relief for Sore Feet

Elastic bandage with metatarsal pad provides mild arch compression and support to keep feet comfortable, balanced and aligned. Contoured pad lifts and separates metatarsals to relieve neuroma, ball-of-foot pain and calluses. Midfoot compression helps relieve heel, arch and bunion pain. Interchangeable for right or left foot.

Specify Small, Medium or Large.

1/package.

- Item P6002

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**Arch Support Wrap**

Relieves Heel and Arch Pain

Stretchable fabric positions a soft silicone Gel pad under the arch to provide support and cushioning. Helps ease pain, lift fallen arches, and distribute body weight more evenly — away from sore heels or forefoot. Designed for wear under or over socks, or even when barefoot! Thin profile fits in most shoes. Washable and reusable for months. Interchangeable to fit left or right foot.

Specify Small (fits narrow and average width feet) or Large (fits wide feet)

1/package.

- Item P1291

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“I have been miserable with plantar fasciitis for the last few months. All the shoe inserts and costly orthotics were ineffective — until I picked up one of your Arch Bandages. My heel pain went away within 12 hours. I can’t tell you how grateful I am. I would recommend this product in an instant. Thank you so much!”

Anne H., Big Rapids, MI
**Podiatrists’ Choice® Ball-of-Foot Cushion**

*Extra Metatarsal Padding*

Help prevent callus development and ease your ball-of-foot pain by absorbing shock and reducing friction. This soft, double-layer foam pad stays securely in place with a comfortable toe loop and features a nylon cover for extra durability. Great for thin-soled footwear.

One Size Fits Most. 1/package.  
● Item P88

**Visco-GEL® Ball-of-Foot Cushion**

*Soft Gel Forefoot Protection*

Specify Small (4-8) or Large (9+), Right or Left 1/package.  
● Item P3004

**FELTastic® Metatarsal Pads**

*Cushion, Protect, Relieve Ball-of-Foot Pain*

These soft, flat felt pads stick to shoes or feet to help prevent calluses and distribute pressure away from sore spots. They absorb shock, offload painful areas, cushion and protect to keep you comfortable and pain free. Self-adhesive backing keeps them in place. Choose thickness.

1/8” Thickness. 2/package.  
● Item P8501

1/4” Thickness. 2/package.  
● Item P8502

**Visco-GEL® Ball-of-Foot Wrap**

*Helps Relieve Metatarsal Pain*

Stretchable fabric positions the soft Gel cushion to protect the forefoot. For use under or over socks, or barefoot. Thin profile fits comfortably in most shoes. Washable and reusable for months. Interchangeable for left or right foot.

Small fits narrow and average width feet. Large fits wide feet. 1/package.  
● Item P1295
Visco-GEL®
Plantar Fasciitis
Arch Support Sleeve
Relieves Heel & Arch Pain Instantly
Soft, gently elasticized sleeve keeps contoured Gel pad in position under your arch for instant support and long-lasting comfort. Interchangeable to fit left or right foot. Works with or without socks or shoes.
S/M fits narrow to average width feet. L/XL fits wide to extra wide width feet.
1/package.
Item P1450

Visco-GEL® Ball-of-Foot Protection Sleeve
Cushions & Protects Completely
Soft’N Stretch™ fabric sleeve positions a thick Visco-GEL® pad under the forefoot comfortably, without adhesives. Protects metatarsal heads, absorbs shock to relieve ball-of-foot pain, prevents calluses and makes shoes more comfortable. Spacious shoes will best accommodate its approximate 1/8th inch thickness.
Specify Small or Large, Right or Left. Small fits shoe sizes 6-9 and average width feet, Large fits shoe sizes 9+ and wide feet.
1/package.
Item P1225

Diabetic Defense®
Orthotic Insoles
Soft Support, Gentle Cushioning & Skin Protection
Two, molded, medical-grade foam layers for comfortable, pain-relieving arch support and skin-saving friction reduction. They’ll form to your feet over time, to accommodate sore spots, and provide gentle cushioning.
1 pair/package.
Item P234
Sizes:
Small fits Women’s shoe sizes 7-8, Men’s 5-6
Medium fits Women’s 9-10, Men’s 7-8
Large fits Women’s 11-12, Men’s 9-10
XLarge fits Men’s 11-13
XXLarge fits Men’s 13-14
**FELTastic® Corn Protectors**
*Cushion Corns with Softness*
Protect your feet from shoe pressure and friction while allowing corns to heal naturally. Self-adhesive backings keep them securely in place. Great for small blisters, too. Approximately 1/8” thick. Trimmable.
One Size Fits Most. 10/package.
• Item P15

**FELTastic® Callus Protectors**
*Take Pressure Off Sore Spots*
These soft pads instantly absorb pressure and friction while comforting calluses, blisters and other foot problems. Self-adhesive backings keep them securely in place. Approximately 1/8” thick. Trimmable.
One Size Fits Most. 8/package.
• Item P16

**FELTastic® Oval Callus Pads**
*Surround & Protect Sore Spots*
Soft Felt pads cushion and shield sensitive areas to relieve pain instantly. Help offload, reduce and prevent calluses, blisters. Absorb pressure and friction. Adhere to feet or shoes where they rub. Approximately 1/8” thick. Scissor trim for a custom fit.
8/package.
• Item P8504

Great for the backs of heels, too!
FasciaFix® Plantar Fasciitis Relief Sleeve
Relieves Heel & Arch Pain
FasciaFix® Plantar Fasciitis Relief Sleeve is a unique, multi-zone compression sleeve with a knitted pattern and subtle ‘nodules’ that help relieve pain and swelling associated with plantar fasciitis. Supports the arch and plantar fascia ligament to help stop heel pain. Promotes healing, enhances circulation and helps minimize the effects of inflammation. Thin enough to be worn under or over socks. Comfortable for all day use. Sizing is approximate and based on Arch Circumference.
Specify Small, Medium, Large or XLarge. 1/package.
• Item P6023

FasciaFix® Sizing
Small – 5˝-7.5˝ arch circumference
Medium – 7.5˝-10˝ arch circumference
Large – 10˝-12.5˝ arch circumference
XLarge – 12.5˝-15˝ arch circumference

FELTastic® Arch Pads
Instant Comfort & Support
Soft Felt pads stick in shoes or to your feet for extra arch support and comfort and help end foot, arch and heel pain. Unlike bulky insoles, these fit easily in every shoe style. Self-adhesive backing keeps them in place. You’ll want them for all your shoes! One, scissor-trimmable size fits all. 2/package.
• Item P8536

Plantar Fascia Relief Strips
Instant Help for Heel Pain!
Specially-shaped moleskin strips adhere to the soles to help ease strain on the plantar fascia ligament for immediate relief of heel pain. These replicate the foot’s load-bearing structure to reduce heel, arch and foot pain, especially related to plantar fasciitis. Help limit excessive pronation, or flattening. 7 or 21 strips per package (1 per day per foot), easy-to-apply. Stays in place while at rest or during physical or athletic activity. Trimmable.
One Size Fits Most. Available in 7/package or 21/package.
• Item 6060-7, 7-pack
• Item 6060-21, 21-pack
Heel Pain Relief

Peel-Away™ Adjustable Heel Lift
Ease Leg-Length Differences, Back Pain, Achilles Strain, Heel Pain
Make your life more comfortable with this simple cushion. It balances leg length discrepancies that can cause hip and back pain. It relieves strain on the Achilles’ tendon and foot arch to ease heel pain. Fits left or right foot.
Specify Small, Medium or Large.
(Fits Shoe Sizes — Small: Women’s 4-7; Medium: Women’s 8-10 & Men’s 6-8; Large: Women’s 11+ & Men’s 9+.)
1/package.
Item P6582

Pedi-Smart® Heel Hugs™
No More Heel Blisters or Snagged Hosiery
Instantly stop shoes from slipping off and rubbing against the back of your heels. These soft foam cushions also absorb shock to soothe and protect sore heels. Self-adhesive backings allow easy positioning in women’s or men’s footwear. Trimmable.
One Size Fits Most. 2/package.
Item P68

Heel Straights™
Correct Heel Posture and Prevent Uneven Shoe Wear
These inserts can instantly control incorrect foot rotation and stop heel rollover. They also relieve pressure on ankles, knees, hips and back while reducing uneven shoe wear.
Specify Small, Medium or Large.
(Fits Shoe Sizes — Small: Women’s 5-7; Medium: Women’s 8-10 & Men’s 6-8; Large: Women’s 11-13 & Men’s 9-11.)
1 pair/package.
Item P316
**FELTastic® Heel Pads**  
*Cushion & Lift to Relieve Pain*

These soft Felt pads absorb shock, help reduce heel pain and calluses, ease calf and Achilles' strain and balance leg-length differences to improve body balance and alignment. Self-adhering to stay in place, ¼” thick. Stack for added lift. Choose Medium (fits shoe sizes 4-7), Large (8-10) or Extra Large (10+).

2/package.  
• Item P8534

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**LowShock™ Gel Heel Straights™**  
*Help Ease Heel, Arch, Knee & Hip Pain*

Improve foot and body biomechanics, reduce impact on feet, knees, hips and back with these Gel orthopedic ‘wedges’. They align the heel to help limit pronation and excess flattening of the arch to relieve pain and stress on the plantar fascia. Soft, durable, self-sticking, they’re unnoticeable when placed under shoe linings and insoles. Small (fits shoe sizes 4-7), Medium (fits 8-10), Large (fits 10-11), Extra Large (fits 12+)

1 pair/package.  
• Item P5180

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**Double-Action Gel Heel Cushions**  
*Removable Disc to Ease Heel Spur Pain*

These soft Gel Cushions protect heels with every step. The exclusive circular wave pattern absorbs shock and disperses pressure to ease pain and make walking, running or standing more comfortable. If you have a heel spur, remove the center disc to offload pressure or pain from sore area.

Specify Ladies’ or Men’s.  
1 pair/package.  
• Item P5040
**Action Orthotics™**

**End Foot Pain**
Unique new design helps redistribute body weight and foot pressure to relieve heel and arch pain, general foot discomfort. Provide support for flat feet and fallen arches. Exclusive ForefootSlant™ helps improve foot function and limits stress on bunions. 3/4 style fits in most shoes.

Specify Small, Medium, Large, XLarge.
1 pair/package.

- Item P5610

**Sizes:**
- Small (fits Women’s 5-7, Men’s 4-6)
- Medium (fits Women’s 8-10, Men’s 7-9)
- Large (fits Women’s 11-13, Men’s 10-12)
- XLarge (fits Men’s 13-15)

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**Sockless®**

**Terry-Comfort® Insoles**
Keep Your Feet Comfortable When You Don’t Wear Socks
Feet stay dry, cool and comfortable with these terrycloth-covered insoles. Soft foam padding cushions every step. Go Sockless in comfort!
One, trim to fit size.
3 pair/package
- Item P220-3

Soft Terrycloth Cover

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**1/2˝ Lateral Sole Wedge Insoles**
Relieve Peroneal Tendon, Foot & Knee Pains
Beveled, ‘sloped’ insoles create a valgus wedge under the entire lateral aspect of the foot that helps limit excessive supination and its symptoms, stabilize ankles, decrease uneven shoe wear, medial knee pain and other conditions. Soft, durable, real leather top, sturdy polyurethane core.
1 pair/package.
- Item P231

**Sizes:**
- Small fits shoe sizes W5/M4
- Medium fits Women’s 6-7/Men’s 5-6
- Large fits Women’s 8-9, Men’s 7-8
- XLarge fits Women’s 10-11, Men’s 9-10
- XXLarge fits Women’s 12-13, Men’s 11-12
Arch Cradles®
Orthopedically Designed
to Ease Foot Pain
Cradle your feet with care. These 3/4-length orthotics fit comfortably in most footwear to gently support your weak or flat arches, stabilize your heels, and protect the balls of your feet.

Sizes:
XSmall (fits Women’s 5-6)
Small (fits Women’s 7-8, Men’s 6)
Medium (fits Women’s 9-10, Men’s 7-8)
Large (fits Women’s 11+, Men’s 9-10)
XLarge (fits Men’s 11-12)
XXLarge (fits Men’s 13-14)
1 pair/package.
● Item P182 (trim-to-fit)

3/4-Length Active Orthotics™
Relieve Heel, Arch & Foot Pain
Support Insoles stabilize feet to help end pain. Firm foot function control and arch support, doctor-proven design relieve plantar fasciitis-related heel discomfort, fallen and flat arches. 3/4-length fits easily in most shoes for newfound comfort! In every size for a proper arch fit. Choose Ladies’ sizes 5-11, Men’s 6-13.
1 pair/package.
● Item P5300

Full-Length Active Orthotics™
Relieve Heel, Arch & Foot Pain
Comforting, firm insoles support and stabilize feet to help end pain. Thin design fits in most footwear styles. Help relieve forefoot, arch and heel discomfort, weak and ‘flattened’ arches, plantar fasciitis. Unlike ordinary ‘trim to fit’ insoles, these are available in every shoe size for a precise fit, proper arch positioning. Replace your insoles and discover new comfort. Choose Ladies’ sizes 4-11, Men’s 6-13.
1 pair/package.
● Item P5350
**Pedi-GEL® Self-Sticking Shoe & Foot Pads**

*Cushion and Protect to Relieve Pain*

This unique new material adheres directly to skin or to the insides of shoes — whichever is preferred — to provide extra foot cushioning and support. Self-sticking Gel is washable and reusable, providing long-lasting relief from foot pain or shoe pressure. Choose a pre-made shape to relieve your specific discomfort, or make your own from flat sheets.

- **Ball-of-Foot Pads**
  - Item P8201, 2/package
- **Arch Pads**
  - Item P8202, 2/package
- **Callus Pads**
  - Item P8203, 2/package
- **Dancer’s Pads**
  - Item P8204, 2/package
- **Trim-to-Fit Sheets**
  - Item P8205, 2/package
- **Corn Cushions**
  - Item P8206, 12/package
- **Reusable Callus Cushions**
  - Item P8207, 6/package
- **Metatarsal Support Pads**
  - Item P8208, 1 pair/package

Sheets (2” x 3 ¼”)
New!

PressureOFF™ Customizable Offloading Insoles
Reduce Pressure, Friction & Pain

Relieve bottom of foot pain instantly with these patented insoles. By removing interlocking PediPegs™ from the bottom of the insole, you create an accommodative indentation on its top that relieves pressure and friction on sore spots. Immediately helpful to prevent, relieve and promote healing of painful corns, calluses, warts, bone spurs, pressure points, sensitive areas, friction ‘hot spots’, diabetic foot ulcers, ulcers in remission, and other bottom-of-foot discomforts.

Sold as Singles, 1 per pack, not Pairs. Choose Right Foot or Left Foot.

Unisex, scissor-trimmable sizes — Medium Fits Shoe Sizes up to Men’s 9, Large fits up to Men’s 12, XLarge fits up to Men’s 15.

Item P244
Visco-GEL® Achilles’ Protection Sleeve
Relief for ‘Pump Bump’, Sore, Injured Achilles’

Unique Soft’N Stretch™ fabric sleeves feature a Gel pad that soothes Achilles’ strain and protects the back of the heel from shoe pressure and friction to relieve pain. Cushions sensitive areas. Sim design fits comfortably in most footwear. Small fits Women’s shoe sizes 6-9, Men’s 5-8. Large fits Women’s shoe sizes 9+, Men’s 8+.

Visco-GEL® Achilles Protection Sleeve
Specify Small or Large. 1/package.

Pedi-Smart® Compression Anklet
Relieves Pain, Swelling Soothes Sprains, Strains, Injuries

This unique, comforting, German-made Ankle Compression Sleeve helps minimize ankle and calf swelling and pain to speed healing after ankle sprains, arch strains, ankle or foot surgery. Special fabric and sewing technology is cool and comfortable, with exclusive ankle-hugging knit design. Measure ankle just above “ankle bone”. Specify Small (8”–8 ¾”), Medium (8 ¾”–9 ½”), Large (9 ½”–10 ¼”), XLarge (10 ¼”–11”), XXLarge (11”–11¾”).

Beige 1/package.
Black 1/package.

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3-Layer Toe Separators, “4 in 1” Super Soft Toe Cushions, Active Orthotics, Action Orthotics, Arch Cradles, Advantage Orthotics, Bunion Relievers, Callus Control Cream, Clotrimazol, Cracks & Calluses Foot Repair Cream, Deep-Healing Foot Cream, Diabetic Defense, Dual-Action Bunion Fix, FasciaFIX, FELTastic, Fungasoo, Gelstep, Gel Ultimates, Hammer ToeCrutch, Hammer Toe Wrap, Heel Hugs, Heel-So-Smooth, Heel Strights, Little Toe Sleeves, LowShock, Nighttime Bunion Regulator, the No Fungus symbol, the No Sore Feet symbol, PediFix, Pedi-GEL, Pedi-Patch, Pedigel, Pedi-Quick, Pedi-Smart, Peel-Away, Podiatrists’ Choice, PressureOFF, Relief and Comfort Guaranteed, SeamLess, ShoeZap, Soaking Crystals, SockLess, Soft N Stretch, SoftSplint, Sorespot, Stay-put Toe Separators, Stay-put Toe Spacers, Stretch Socks, Tea Tree Ultimates, Terry-Comfort, Toe Trainers, ToeBuddy, ToeCoach, ToeWraps, Tubular Foam Toe Bandages and Visco-GEL are trademarks of PediFix, Inc. Lycra is a registered trademark of E.I. du Pont de Nemours and Company. Toe Snug is a registered trademark of Evenup, LLC. Velcro is a registered trademark of Velcro Industries.
End Foot Pain with GelStep® Insoles

Super Silicone Protects Feet Best

GelStep® insoles are made from 100% medical-grade silicone — the most effective cushioning material available AND the most durable! Silicone compresses, then rebounds instantly to absorb shock, relieve pressure and support feet to make standing, walking and running more comfortable. ‘Blue Zones’ are areas of softer gel for extra cushioning and protection. With anti-odor, anti-microbial fabric top covers that absorb perspiration, reduce friction and improve comfort. Washable and reusable.

GelStep® Insole & Orthotic Sizing
Small fits Women’s Shoe Sizes 5-7
Medium fits Men’s sizes 6-7 ½, Women’s 7 ½-9
Large fits Men’s sizes 8-9, Women’s 10-12
XLarge fits Men’s sizes 9½-11
XX Large fits Men’s sizes 11½-12½

Super Silicone GelStep® Heel Cups
Proven Effective for Heel Pain, Spurs

If your heels hurt, especially upon rising in the morning, you might be suffering from plantar fasciitis or heel spur syndrome — a strain of the ligament on the bottoms of your feet. GelStep Heel Cups relieve this discomfort immediately and take pressure off the over-stretched ligament to help it heal. They effectively absorb the impact of walking to cushion, protect, and ease pressure on ankles, knees, hips and back. Available with anti-odor, anti-microbial fabric top covers that absorb perspiration, reduce friction and improve comfort.

GelStep® Heel Cups Sizing
Small fits Women’s Shoe Sizes 4-7
Medium fits Men’s sizes 6-8 ½, Women’s 7 ½-10
Large fits Men’s sizes 9-11 ½, Women’s 10 ½-12
XLarge fits Men’s sizes 12-14 ½, Women’s 12+
XX Large fits Men’s sizes 15+

The information in this catalog is not intended to replace professional care. If your foot problems persist or worsen, visit a podiatric or orthopedic foot specialist. If you have diabetes, see your doctor regularly and take extra good care of your feet.
Corns: Hardened spots of thickened skin on toes that protect skin and underlying bones from excess pressure and friction.

Solutions: Pads, cushions, files, change shoes that rub, add arch supports to footwear to redistribute forces and alter foot function.

Calluses: Hardened areas of skin that thicken to protect skin and underlying bones from excess pressure, friction.

Solutions: Pads, cushions, files, change shoes that rub, add arch supports or ball-of-foot pads to shoes to redistribute forces and alter foot function.

Warts: Round, colored, textured skin spots caused by a virus. Generally harmless, but sometimes sensitive to pressure.

Solutions: Pads, cushions, wart removers, professional treatment.

Foot Odor: Smelly shoes, socks and feet, often caused by bacteria and excess perspiration.

Foot Fungus: Athlete’s Foot causes skin itching, cracking, peeling and odor.

Solutions: Wash and dry feet thoroughly, wear and change socks frequently, change shoes regularly so they dry, add absorbent insoles to shoes, apply creams, powders and/or deodorants to feet, foot soaks to clean and deodorize.

Bunions: Thickening, deformity of the bone and/or inflammation of tissues around the big toe joint, sometimes accompanied by a crooked big toe.

Solutions: Pads and cushions can protect the sensitive bunion area or separate toes that rub. Wider shoes reduce shoe pressure and friction. Arch supports and lower heel heights ease foot strain that can contribute to bunions.

Hammer Toes: Flexible or rigid bent-under toes can cause toe-tip and toe-top corns, ball of foot pain.

Solutions: Pads, cushions, caps that straighten, support or protect toe tips and tops. Change to roomier shoes, add arch supports or ball-of-foot pads to footwear to redistribute forces and alter foot function.

Crooked Toes: Flexible or rigidly crooked toes can cause irritation and pain.

Solutions: Pads, cushions, caps, separators can help align flexible toes. Change to roomier shoes.

Heel Pain: Most often the result of a strain of the ‘plantar fascia’ ligament on the bottom of the foot, hence the medical term ‘plantar fasciitis’.

Solutions: Arch supports, heel cushions, stretching, night splints, massage, injections to reduce inflammation and patience — this can be a difficult condition to treat. Take action at the first sign of heel pain.

Pump Bump: Rubbing of the heel against the insides of shoes causes pain, blisters.

Solutions: Shoe pads, heel cushions, better fitting shoes.
Neuroma: Inflammation or benign growth of a nerve, most commonly at the base of the third or fourth toes.

Solutions: Change to roomier shoes, add arch supports or ball-of-foot pads to footwear to redistribute forces and alter foot function.

Ball-of-Foot Pain: Often the result of irritation to the foot bones or ‘metatarsals’, hence the medical term ‘metatarsalgia’. As we age, the natural ‘fat pad’ that protects our feet grows thinner, making us increasingly susceptible to this condition.

Solutions: Pads, cushions that provide extra protection or support. Change shoes, add arch supports or ball-of-foot pads to footwear to redistribute forces and alter foot function.

Nail Fungus: Common fungus gets under nails and spreads, causing discoloration (yellowish, brownish), flaking, thickening, discomfort, odor and embarrassment.

Solutions: If caught early, topical anti-fungal liquids can help improve nail appearance, but once the infection takes hold under the nail, these are less effective. Seek professional care — the sooner the better — the longer the infection has to get established, the more difficult it is to treat. New treatments are being tested, including lasers that kill the fungus, oral drugs (though these can cause side-effects) and new, more powerful liquids that can penetrate the nail bed.

Diabetes: Diabetes can cause neuropathy — a loss of feeling in the feet — making it hard to notice small sores. Diabetes can prevent small foot sores from healing. Foot sores that don’t heal are called ‘ulcers’. Ulcers that don’t heal can lead to foot and leg amputations.

Solutions: If you have diabetes, you MUST TAKE EXTRA GOOD CARE OF YOUR FEET. And if you know or love someone with diabetes, you’ll do them a great favor by volunteering to help. Quite often, people with diabetes are unable to perform some of these steps.

Inspect feet daily. Look for early signs of skin breakdown, including blisters, corns, calluses, reddened spots or areas.

Wash feet every day & dry them thoroughly, especially between toes.

See a Podiatrist regularly for a professional foot inspection — at least once a year, twice or more if you have problems. Free foot screenings are widely available.

Make sure shoes fit properly — too small, too short, or too narrow can cause pressure spots.

Don’t go barefoot. You can damage your feet too easily.

Take care of toenails. Trim them carefully and properly. Get help if you can’t do this yourself.

Don’t wear socks that restrict circulation, bunch, crease or cause sore spots.

Don’t self-treat foot problems with anything elastic or acidic.

The obvious: Control your blood sugar. Don’t smoke.

Exercise regularly.

For more information, ask your doctor or visit www.pedifix.com
Professional Nail Cutter
Just Like Doctors Use
In Their Offices
Trims tough, thick, and fungal nails easily, safely. Heavy-duty, stainless steel construction, ‘double-action’ leverage for extra nail cutting power. Barrel-spring for smooth action. 5 1/2” long with 3/4” curved surgical quality blades boost control and precision. Etched handle for sure gripping. This is a professional-quality tool that allows confident use, even in weaker hands.

- Item P3355-STR, straight
- Item P3355-CRV, curved

ClotrimaZoil®
Antifungal Treatment
Kills More Types of Fungus
First Clotrimazole & Penetrating Essential Oils Formula. Effective against 6 different causes of infection and discoloration, including fungi, mold and yeast. Treats fungus of the toes and fingers on skin around, adjacent to and under nails (where accessible with applicator brush).
.5 oz. 1 bottle.
- Item 3490

Visco-GEL® Moleskin
Protective Padding
Superior to Traditional Moleskin
This self-adhesive, triple-action gel padding will cushion, protect and moisturize as it absorbs pressure and friction. Visco-GEL silicone is perfect for corns, calluses, bunions, blisters, heels and more. Washable and reusable. (Maintains self-adhesive properties even after washing.)
2 sheets/package (2 1/2” x 3”).
- Item P805
**SoreSpot® Silicone Tape**

“Miracle Tape” for foot care, skin care, scar care, wound care — anywhere!

Unique, self-adhering Silicone strips adhere easily to protect corns, calluses and irritated areas from shear, pressure and friction, reduce the appearance of scars, and provide gentle fixation for bandages on fragile, at-risk, or sensitive skin. Easy release.

Available in 1 inch or 2 inch widths. 1.5 yards long.

- Item P3095

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**Visco-GEL® Heel-So-Smooth® Heel Sleeves**

Relieve Rough, Dry, Cracked Heels

Slip on these comfortable foot sleeves while you sleep or rest to soften your dry, cracked heels. The heel area of these innovative sockettes is lined with our exclusive Gel that releases mineral oil & Vitamin E to soothe damaged skin. Washable and reusable.

One Size Fits Most.

- Item P800

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**Gel Ultimates® Moisturizing Booties**

Softer feet in hours!

These cushioned, Visco-GEL-lined booties moisturize and soften hard, dry, rough skin — fast. You’ll have smooth feet after just a few short treatments. Enjoy salon-style pampering at home! Exclusive Gel that fully surrounds your feet — not just the soles — gradually releases jojoba, avocado and olive oil onto the skin’s surface. Terrycloth comfort and safe to wear around the house while your feet get super soft! Washable and reusable for months.

One Size Fits Most. 1 pair /package.

- Item P802
**Tea Tree Ultimates® Soaking Crystals™**

*Help Soak Away Fungus & Bacteria from Skin Surface*

A therapeutic foot soak featuring our exclusive blend of tea tree and peppermint essential oils, Epsom salt and sea salt. This invigorating soak soothes aches and pains, relieves itching and softens corns and calluses while fighting fungus and bacteria. Leaves your feet feeling refreshed, clean and smelling great!

6, 1oz. packets/package.

- Item P3078

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**Podiatrists’ Choice® Callus Control Cream™**

*Extra-Strength Urea Formula for Fast Softening*

20% Urea — the skin-care ingredient doctors prefer — to smooth and soften dry, rough, hard skin.

4 oz. 1 jar.

- Item P3310

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**Deep-Healing Foot Cream™**

*Vitamin-Enriched Formula Soothes Rough Feet and Heels*

Help is here! This non-greasy cream features mineral oil and vitamins A, D and E to moisturize skin, soften calluses and revitalize your feet. Our special formula penetrates deeply to help heal dry, cracked areas—which is especially beneficial for people with diabetes and sensitive feet. Also works great on hands.

4 oz. 1 jar.

- Item P3069
DiabeticDefense®
Daily Therapy Foot Moisturizer
Soothes & Softens Calluses, Rough, Dry, Cracked Skin
4 oz. jar.
• Item P3620

Cracks & Calluses Foot Repair Cream™
Exclusive Salicylic & Lactic Formula
Dermatologist-developed, proven effective combination of ingredients soothes and heals severely rough, dry, hard, cracked feet and heels. Noticeable results after one use.
4 oz. 1 jar.
• Item P3305

Pedi-Quick®
2-Sided Foot File
Soft, Smooth Feet in Minutes
This dual-action file is perfect for safe, gentle reduction of rough, hard skin and calluses. You choose which of the two emery surfaces — fine or coarse — to use on different areas, corns and nails, too. Ergonomically designed, non-slip handle provides precise control.
1/package.
• Item P3020
Available From:

PediFix Footcare Company
301 Fields Lane
Brewster, NY 10509 USA