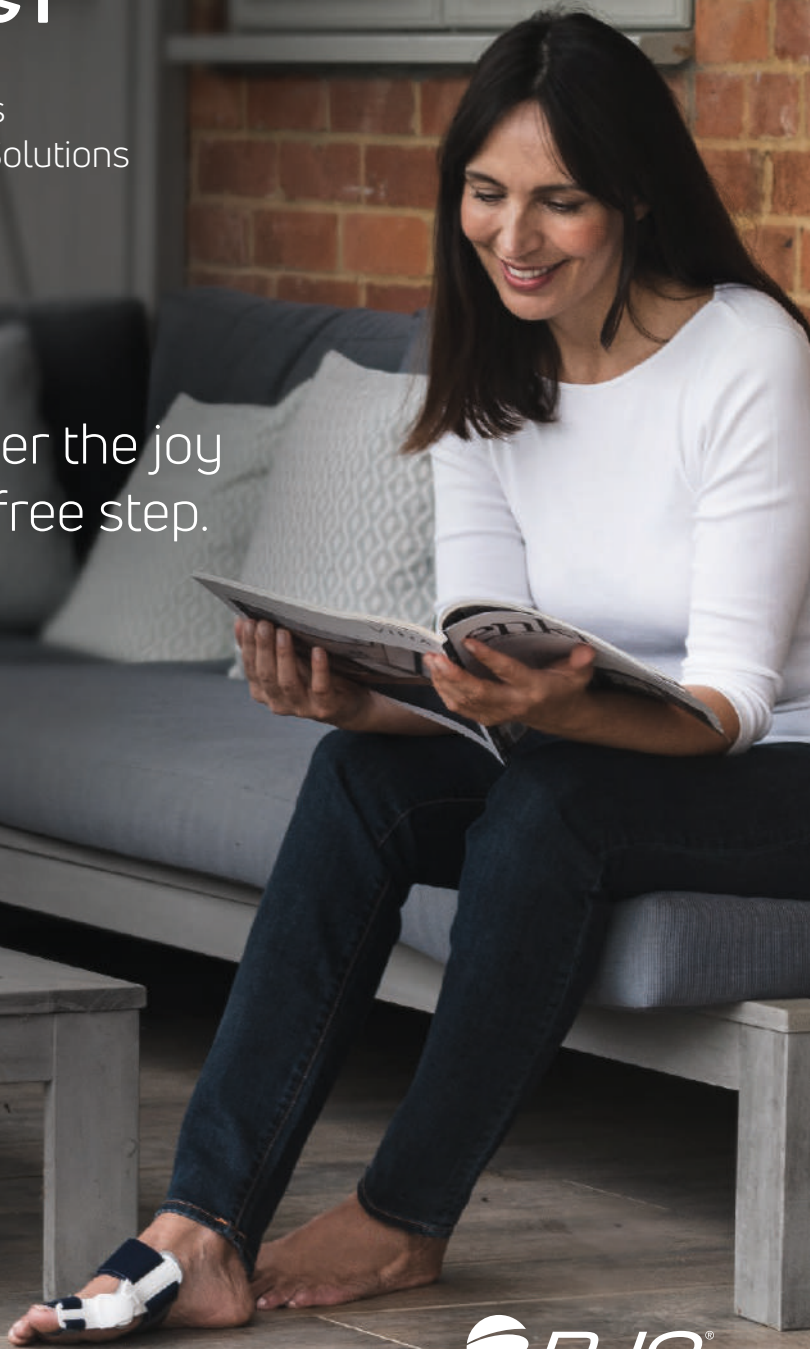


AIRCAST®

Hallux Valgus  
& Foot Care Solutions

Rediscover the joy  
of a carefree step.



 DJO®

# What is Hallux Valgus?

Hallux Valgus - or bunion - is one of the most common foot deformities, especially for women. Because of its weaker connective tissue, the big toe can become misaligned, resulting in an unsightly and painful protrusion from the foot.

Hallux Valgus usually develops as a result of years of splayfoot, the most common painful malformation of the foot. This causes the first and second metatarsal bones to spread apart, leading to incorrect loading of the foot. The misalignment of the big toe often increases over time, and, in severe cases, can also lead to a misalignment of the second and third toes.

As well as its unattractive appearance, toe deformity may lead to problems when choosing a shoe, and can also cause painful pressure points and inflammation. Without corrective action, all of this can lead to a loss of confidence and a reduction in daily activity.



**Hallux valgus is ugly, painful and uncomfortable**

# What can I do about it?

Depending on how advanced and pronounced your condition is, different therapy options come into play.

## Mild forms

For mild forms, where the Hallux Valgus is rarely painful, minimal, non-surgical therapy is recommended. This includes changing your footwear and wearing insoles, doing targeted foot exercises, or wearing a special Hallux Valgus splint. In the case of inflammation in the big toe joint, local cold therapy and anti-inflammatory measures often have a relieving effect.

## Medium and severe forms

In some cases, where pain worsens and persists even during rest, surgery is unavoidable. In the case of moderate and severe forms, removal of the bony attachments is often not sufficient, and an axis correction of the first metatarsal is also necessary.

## After operations

The follow-up treatment after an operation often includes a suitable bandage shoe, lymphatic drainage and the relief of the affected foot followed by mobilizing physiotherapy. Special Hallux Valgus splints are often helpful here for immobilization and protection.



## What is splayfoot?

The foot is a double-arch construction that is held up by ligaments and muscles. In the front area, between the little and big toe, is the transverse vault; the longitudinal arch between the forefoot and rearfoot. However, heavy loads or fatigue can cause the arch construction to deteriorate. Some foot diseases, such as arched feet and splayfoot, are caused by this deterioration.

## What other problems do we force on our feet?

In addition to Hallux Valgus, splayfoot can also promote deformities of the little toes. The tailor's bunion as well as hammer and claw toes are misalignments of the little toes. It is not uncommon for these to be caused by splayfoot combined with incorrect footwear. These can result in pressure points, inflammation and painful calluses.

### Foot shape and stress zones of a normal foot

Shoes that are too high or too tight can cause pain and pressure points in the forefoot and middle foot. Forefoot or middle foot pain can also be caused by constriction of the nerves or osteoarthritis.

### Foot shape and stress zones of splayfoot

Conservative therapy options range from bandages for treating splayfoot to insoles combined with suitable footwear to ergonomic foot or toe pads to help provide protection and support.



Foot shape and stress zones of a normal foot



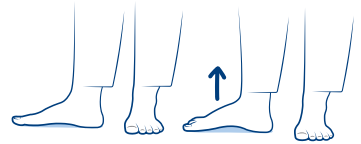
Foot shape and stress zones of splayfoot

# Exercises for everyday life

Strong foot muscles are a prerequisite for healthy and fit feet. Targeted exercises can help promote strength, endurance and flexibility. Here are four simple exercises to help strengthen foot muscles and make walking easier. Please also note the advice given by your doctors and physiotherapists.

## 1. Raise the arch of your foot

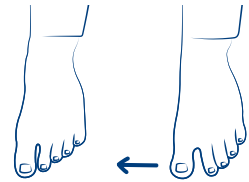
First relax the longitudinal arch, then actively tense it until it straightens up. While doing so, press the ball of the foot slightly to the ground and let the toes relax.



**Raise the arch of your foot**

## 2. Extend the big toe outward

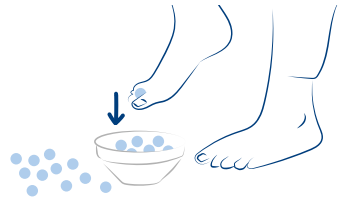
To activate the muscles on the inside of the foot and correct the Hallux-Valgus angle, pull the big toe away from the little toe.



**Extend the big toe outward**

## 3. Pick up marbles

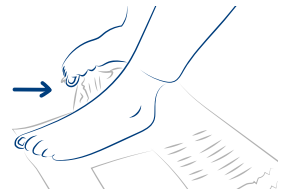
Alternately pick up marbles from the floor with both feet and drop them, for example into a bowl or mug.



**Pick up marbles**

## 4. Tear up newspaper

Place a newspaper page on the floor and place one foot on it. Grab the side with the other foot and tear it apart. Then switch feet.



**Tear up newspaper**



Tip:

Regular foot exercises are useful for healthy feet, both to help avoid foot diseases and for existing foot problems.



# Introducing the next generation of foot care.

For decades, Aircast® has provided innovative healthcare products to help people get back on their feet. Now it's time to take a leap forward with the introduction of this comprehensive portfolio of Hallux Valgus and foot care products.

Designed to address a variety of foot disorders, together they help provide correction, protection and pain relief.

Say hello to this innovative product family and rediscover the joy of a carefree step.

**ActyToe™**  
Hinged splint



**ActyToe™ Night**  
Rigid splint



**ActyToe™ Lift**  
Mid-foot brace with pad



## SofToes™

Toe cushion



Forefoot pad



Forefoot pad with ring



Toe separator



Toe cap



Toe spreader



Little toe protector



Toe ring



Bunion protector





**ActyToe™**

Hinged splint



Whether you're on the go or on the mend, the adjustable and versatile ActyToe™ hinged splint helps provide functional pain relief and correction for bunions.



**Adjustable mid-foot strap**

To support the transverse arch and help stabilize the mid-foot

**Adjustable big toe strap**

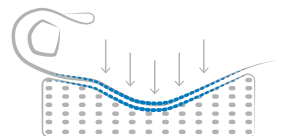
To help gently correct misalignment of the big toe

**Lockable joint**

Offers three optional locking positions to hold the big toe at a predetermined angle

**Soft "memory foam" cushion**

To comfort and help protect the bunion, and also help relieve the joint from pressure points



# ActyToe™ Night

Rigid splint



If you're suffering with bunions, ActyToe™ Night combines rigid support with adjustability to help provide comfortable pain relief and correction during rest.



**Adjustable mid-foot strap**

To support the transverse arch and help stabilize the mid-foot

**Adjustable big toe strap**

To help gently correct misalignment of the big toe

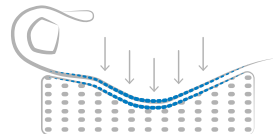
**Soft "memory foam" cushion**

- To comfort and help protect the bunion
- Aid relief of the metatarsal-phalangeal joint against pressure points



**Rigid splint**

To aid immobilization and support at night and during rest



**ActyToe™ Lift**  
Mid-foot brace



Thanks to its low-profile design and comfortable arch pad, the ActyToe™ Lift mid-foot brace helps provide adjustable pain relief during activity and rest for a range of foot conditions, including Hallux Valgus, splay foot, flat foot (fallen arch), and metatarsalgia.



**Adjustable strap**

Provides a strong hold and effective support to aid in pain relief

**Thin and soft materials**

Help to maximize comfort

**Foot arch support pad**

Lifts the transverse arch and stabilizes the mid-foot bones to help relieve pressure



**Low-profile design**

Fits comfortably under socks and in shoes

# SofToes™

## Ergonomic cushions

The innovative Aircast® SofToes™ range helps provide solutions for a variety of needs in the toe area. These ergonomic cushions help provide gentle protection, soft comfort and secure support, while a subtle hint of menthol helps maintain a fresh, airy smell.

### General features and benefits



- Light menthol scent for a fresh pleasant smell
- Coated in talcum powder for a comfortable and easy first fit
- Silicone-like material, durable and easy to clean to allow reuse, and lightweight and skin-friendly for comfort

Forefoot pad



Forefoot pad with ring



Toe cushion



Toe separator



Toe cap



Toe spreader



Little toe protector



Toe ring



Bunion protector



# The path to healthier, happier feet starts here!

**Find footwear that makes your feet feel free, with Dr Comfort.**

Hallux Valgus and other foot problems often begin with footwear. Many of us want to step out in style, but sometimes we risk sacrificing the health of our feet for the sake of fashion.

Now there's no need to compromise – with Dr. Comfort's range of stylish and supportive footwear you can give your feet the cushioned freedom they need while staying on trend.

From the workplace to the sports field, with three unique lines in the collection, Dr. Comfort offers women and men shoes for every occasion. And with their flexible and accommodating construct they're ideal for wearing with Aircast's Hallux Valgus and foot care range of products.

Find out more about Dr.Comfort footwear at [www.drcomfort.com](http://www.drcomfort.com)

