

Vasyli Red Full Length High Density Insoles FAQs

Q 1. How Long Do They Last?

A. Activity and patient weight influence longevity. Make sure to fit the appropriate density to suit your patient's lifestyle or physique (heat "Fitting" section). As a rule, they typically last 12 to 18 months. Generally, an orthotic review is a good idea if the patient's symptoms return and at least every 6 months. If required, any reduction in the control due to compression can be restored using the rearfoot medial posting.

Q 2. Can You Reheat Them?

A. Yes, you can reheat them, if required. However, you cannot "regenerate" the rearfoot control by heat-molding. That requires the use of the rearfoot additions. VASYLI orthotics will not mold under body heat generated in the footwear.

Q 3. Do They Have To Be Worn As Pairs?

A. As a general rule, yes. The orthotics balance the lower limbs. Always fit a pair, even if pain is felt in only one foot or limb, which is usually the case.

Q 4. What If The Patient Really Feels Them In The Arch?

A. Arch intolerance is the #1 complaint when fitting orthotics in general. The primary cause is a lack of rearfoot control, which allows the foot to still collapse onto the arch profile of the orthotic. Check for subtalar neutral with your patient standing in the footwear with the orthotics. You can usually reduce pressure in the arch area by externally rotating the leg and palpating the talonavicular joint to neutral (see STJ neutral technique). Add rearfoot posting to maintain a more neutral alignment. If discomfort persists, check for a forefoot varus deformity (see Conditions).

Q 5. What If The Patient Gets A Blister In The Arch After Running?

A. Patients should wear the product to comfort before running or performing in them (see question 8). See question 4 for ways to address arch blistering or ongoing intolerance in the back or mid-arch area. Arch blistering may also be due to forefoot varus (see Conditions). A forefoot medial wedge may be required to prevent the medial forefoot collapsing onto the forward medial arch profile of the orthotic when the foot fully loads through midstance phase.

Q 6. What Are The Orthotics Made Of?

A. VASYLI Medical orthotics are made primarily of ethyl vinyl acetate (EVA), a microcellular foam used extensively in the midsole of most quality sports footwear. The EVA has polymer additions to stabilize the material during the heat-molding process and to extend the life of the product. Other compounds used are polyurethane (PU) and Rebound EVA (for shock absorption). The top cover is brushed nylon.

Q 7. Do They Have To Be Heat Molded?

A. Not necessarily. The VASYLI heat-moldable orthotics are pre-configured for the majority of foot types. Heat molding offers the facility to fine-tune the orthotic prescription. Feedback indicates that at least 80 percent of practitioners find they do not need to mold them to achieve good compliance and control.

Q 8. Should They Be Worn In?

A. Yes. In general, we advise that they be worn "to comfort". Should any discomfort occur—in the feet, knees, or back—remove for a few hours or for that day and return to use the next day, repeating the process as needed. As a general rule, it shouldn't take more than 3 to 4 days to achieve daylong comfort. Ongoing discomfort requires a review of the prescription.

Q 9. Do They Fit On Top Of Existing Insoles?

A. No, remove all insoles within the footwear being fitted with the orthotics. If the orthotics are fitted on top of existing insoles, it will "de-tune" the prescription's

effectiveness and may contribute to arch intolerance, as will well-worn footwear. As a general rule, if the footwear has a full-length insole fitted, replace it with a full-length orthotic.

Q 10. How Are They Cleaned?

A. VASYLI orthotic covers are impregnated with an antibacterial / antimicrobial compound to eliminate odor. If the products require general cleaning, wipe over with a damp cloth using a mild soap solution, rinse, towel dry, and air naturally. Do not expose the orthotics to any external heat source. Do not soak or machine wash.