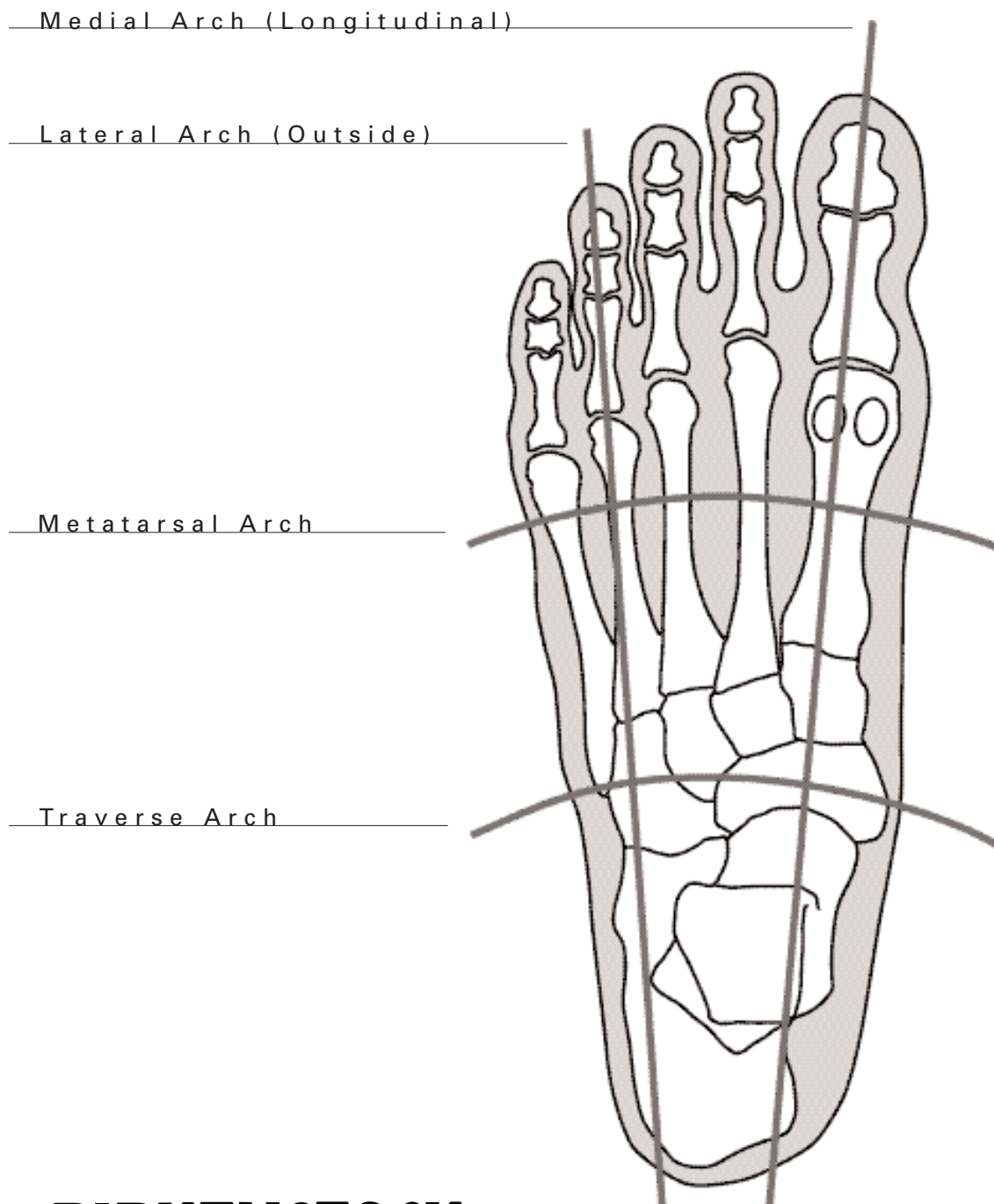


ARCH SUPPORTS AND INSOLES TECHNICAL DATA SHEETS



ARCH SUPPORTS AND INSOLES

In 1966, Margot Fraser discovered the health benefits of Birkenstock® while traveling in Germany. Today, millions of men, women, and children around the world share Margot's belief that comfortable footwear is essential for a healthy life. Putting Birkenstock arch supports and insoles in all your footwear is a step in the right direction. No matter what type of footwear you wear, Birkenstock offers an arch support or insole to make every step more comfortable. Like Birkenstock footwear, Birkenstock arch supports and insoles are made from the highest quality materials and are well known for their long-lasting durability. Use the table of contents to find the Birkenstock insoles and arch supports just right for you.

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The Blue Footbed

In the early 1900s Konrad Birkenstock created the world's first flexible orthotic. Since the factory-made shoes of that era were flat and hard inside, the footbeds were met with great enthusiasm when people discovered their comfort.

The concept of the Blue Footbed, which was based on generations of the Birkenstock family's experience, has remained the same over the years. As modern materials and production methods have developed, however, the footbeds have been improved and refined.

Construction

A. Natural heel cradles

Deep heelcups hold your heels in place and provide natural cushioning and shock absorption.

B. Natural arches

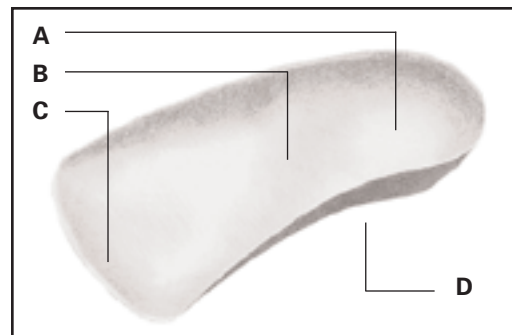
Precisely-shaped natural contours provide support for your longitudinal arches.

C. Metatarsal support

Gentle platforms lift toes to their natural position.

D. Support shells

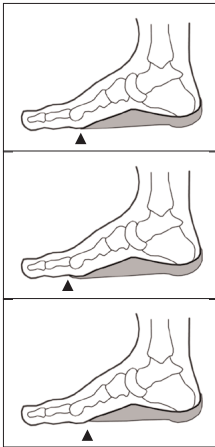
High rims around the footbeds hold your feet in place, yet the footbeds are flexible enough to easily fit in your shoes.



how to fit Blue Footbeds

First: the length

Before you put the Footbeds in your shoes, make sure they fit your feet. With your heel resting snugly in the heelcup, the Footbed should extend just to the ball of the foot, with the front edge following the line of your metatarsal heads.



The Footbed should extend just to the metatarsal heads, as shown here.

The Footbed is too long. It will interfere with the movement of the toes.

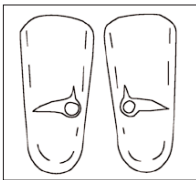
The Footbed is too short. It will not provide sufficient support in the metatarsal area.

Each foot must be fitted because arch size can vary per foot and can be larger or smaller than measured foot size.

Second: the width

Blue Footbeds are available in three widths (wide, medium, narrow) to accommodate every shape of foot. They should cradle your feet without feeling too tight or too loose.

It is important to consider the width of your shoes when you select a Blue Footbed width. The shoes must be wide enough to contain the Footbeds without distorting their shape, yet they must be narrow enough to prevent the Footbeds from sliding sideways in the shoe.



How to tell left from right

To be certain that each Footbed is in the correct shoe, make sure that the little "rings" on the bottom of the Footbeds are close together, as shown.

How Blue Footbeds feel

The support from the Footbeds is felt at once. Most people find them comfortable from the start, while others need a little time to become accustomed to them. The Footbeds should not make feet sore; if they do, double-check the size and width.

If shoes feel too confining with the Footbeds, loosen the laces, or if possible, remove the original linings.

As the Footbeds are worn, the heat and weight of the body will make them more flexible; they will "relax" into your shoes.

People with low-arched feet may need 2-3 weeks to adapt.

Blue Footbed – Casual arch support



Item #s: 11001, 11002, and 11003

Description

A contoured arch support made of BirkoCork™, Birkenstock’s unique blend of natural cork lined with blue silk at the top and moleskin at the bottom. Designed for shoes with little or no heel, this arch support offers more metatarsal support and slightly less arch support than the Blue Footbed—Heeled.

Best worn with

All casual footwear.

Instructions for use

See previous “How to fit Blue Footbeds.”

Sizes

<u>Women</u>	European	35	36	37	38	39	40	41	42		
	American	4–4½	5–5½	6–6½	7–7½	8–8½	9–9½	10–10½	11–11½		
<u>Men</u>	European	40	41	42	43	44	45	46	47	48	
	American	7–7½	8–8½	9–9½	10–10½	11–11½	12–12½	13–13½	14–14½	15–15½	
<u>Children*</u>											
European	24	25	26	27	28	29	30	31	32	33	34
American	7	8	8	9	10	11	12	13	1	2	3

Widths

<u>Wide</u>	<u>Medium</u>	<u>Narrow</u>
Item #11001	Item #11002	Item #11003

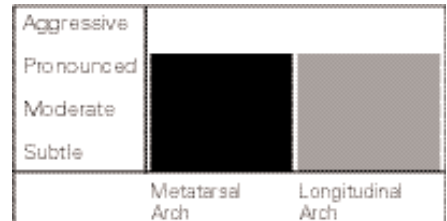
Features

Overall arch support design
 Lightweight and compact
 Contoured arches
 Silk lining
 Cork/EVA construction
 Moderate flanges
 Deep heel cup
 Hand-washable

Benefits

Provides proper alignment. Balances foot impact areas. Reduces fatigue. Can increase life of footwear.
 Easily slides in and out of shoes.
 Supports instep (longitudinal medial arch) and ball of foot (metatarsal arch).
 Absorbs moisture.
 Absorbs shock; flexible.
 Controls stability.
 Cushions and protects heel bone. Can relieve heel pain symptoms. Provides natural cushioning and shock absorption.
 Can increase life of Footbed.

*German language packaging



Blue Footbed – Heeled arch support



Item #s: 10001, 10002, and 10003

Description

A contoured arch support made of BirkoCork™, Birkenstock’s unique blend of natural cork lined with blue silk at the top and moleskin at the bottom. Made for shoes with up to 1½” heels, this insole provides more arch support and less metatarsal support than the Blue Footbed—Casual.

Best worn with

Any footwear with up to 1½” heels.

Instructions for use:

See previous “How to fit Blue Footbeds”.

Sizes

Unisex

	European	35	36	37	38	39	40	41	42	
<u>Women</u>	American	4–4½	5–5½	6–6½	7–7½	8–8½	9–9½	10–10½	11–11½	
<u>Men</u>	European	40	41	42	43	44	45	46	47	48
	American	7–7½	8–8½	9–9½	10–10½	11–11½	12–12½	13–13½	14–14½	15–15½

Widths

<u>Wide</u>	<u>Medium</u>	<u>Narrow</u>
Item #10001	Item #10002	Item #10003 (size 35-45 only)

Features

Overall arch design

Lightweight and compact

Cork/EVA construction

Contoured arches

Silk lining

Moderate flanges

Deep heel cup

Hand-washable

Benefits

Provides proper alignment, reduces fatigue, balances foot impact areas. Can increase life of footwear.

Easily slides in and out of shoes.

Absorbs shock; flexible.

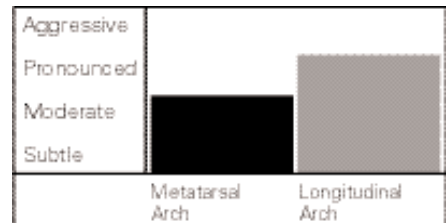
Supports instep (longitudinal medial arch) and ball of foot (metatarsal arch).

Absorbs moisture.

Provides stability.

Cushions and protects heel bone. Can relieve heel pain symptoms. Provides natural cushioning and shock absorption.

Can increase life of Footbed.



Ladies Air Cushion insole

Leather-lined



Item # 24001

Description

Designed for sandals and sling-back pumps, this insole is made of durable, synthetic latex foam lined with smooth leather. It features a tapered shape that provides support without cramping the toes or heel.

Best worn with

Women's sandals and pumps.

Instructions for use:

Place over existing footbed. Check for fit and positioning, trim to fit if needed. Then remove paper from adhesive and secure onto the footbed of the shoe.

Sizes

(odd sizes only)

Women

European	35	37	39	41
American	4-5½	6-7½	8-9½	10-11½

Widths

Medium

Features

Contoured arches
Latex foam
Self adhesive
Easy to trim
Tapered Shape

Benefits

Gently supports ball of foot (metatarsal arch) and instep (longitudinal medial arch).
Provides cushioning.
Stays in place.
Fits narrow-width sling-backs and open-toe shoes.
Cushions ball of foot and main arch without cramping feet.

Air Cushion – 3/4 length insole

Leather-lined



Item #: 20001

Description

Made of durable, synthetic latex foam covered with smooth leather, this insole features a toe-free design that leaves room in the tip of the shoe.

Best worn with

Casual shoes, women's pumps and men's dress shoes.

Instructions for use:

Place over existing insole with logo side up. If shoes feel too confining, remove original liner if possible. Trim to fit if needed.

Sizes

Women Item # 20001

European	35	36	37	38	39	40	41	42
American	4-4½	5-5½	6-6½	7-7½	8-8½	9-9½	10-10½	11-11½

Widths

Medium

Features

- Contoured arches
- Synthetic latex foam
- Leather lining
- 3/4 Length
- Padded ridge
- Soft cushion under big toe
- Heel cup
- Easy to trim

Benefits

- Gently supports ball of foot (metatarsal arch) and instep (longitudinal medial arch).
- Provides cushioning.
- Smooth, durable, and breathable.
- Toe-free design allows freedom of movement in tip of shoe.
- Allows for gripping motion of the toes which exercises feet and leg muscles.
- Relieves strain on bunion area.
- Reduces heel slippage.
- Fits a variety of shoes.

Air Cushion – 3/4 length insole

BirkoTex™ lined



Item #: #26000

Description

Made of durable synthetic latex foam covered with BirkoTex™, a breathable synthetic material, this insole features a toe-free design that leaves room in the tip of the shoe.

Best worn with

Casual shoes, women's pumps and men's dress shoes.

Instructions for use:

Place over existing insole with logo side up. Trim to fit if needed.

Sizes

Women Item # 26000

European	35	36	37	38	39	40	41	42
American	4-4½	5-5½	6-6½	7-7½	8-8½	9-9½	10-10½	11-11½

Widths

Medium

Features

- Contoured arches
- Synthetic latex foam
- BirkoTex™ lining
- 3/4 Length
- Padded ridge
- Soft cushion under big toe
- Heel cup
- Easy to trim

Benefits

- Gently supports ball of foot (metatarsal arch) and instep (longitudinal medial arch).
- Provides cushioning.
- Absorbs moisture; breathable and hand-washable.
- Toe-free design allows freedom of movement in tip of shoe.
- Allows for gripping motion of the toes which exercises feet and leg muscles.
- Relieves strain on bunion area.
- Reduces heel slippage.
- Fits a variety of shoes.

Air Cushion – full length insole

BirkoTex™ lined



Item # 20702

Description

Designed to be used as a replacement insole, this full length insole is made of durable synthetic latex foam covered with BirkoTex™, a breathable synthetic material.

Best worn with

Any footwear needing gentle support.

Instructions for use:

Replacement insole. First remove existing footbed and insert with logo side up.

Sizes

Unisex (fits both women and men)

Women

European	35	36	37	38	39	40	41	42	43	44
American	4-4½	5-5½	6-6½	7-7½	8-8½	9-9½	10-10½	11-11½	12-12½	13-13½

Men

European	39	40	41	42	43	44	45	46	47	48
American	6-6½	7-7½	8-8½	9-9½	10-10½	11-11½	12-12½	13-13½	14-14½	15-15½

Widths

Medium

Features

- Full length
- Contoured arches
- Synthetic latex foam
- BirkoTex™ lining
- Soft cushion under big toe
- Heel cup
- Easy to trim

Benefits

- Supports and cushions the entire foot.
- Gently supports ball of foot (metatarsal arch) and instep (longitudinal medial arch).
- Provides cushioning.
- Absorbs moisture; breathable and hand-washable.
- Relieves strain on bunion area.
- Reduces heel slippage.
- Fits a variety of shoes.