

Mobilisation = relief + regeneration

Depending on the sock type, the tape socks have a variety of directional tapes incorporated into them and can therefore be used to purposefully counteract common malpositions.

In instances of **Hallux valgus**, the big toe is stabilised in the axis of the foot. The tape ribbon in the **hammer toe** sock is also constructed in a similar manner to the muscle itself. It mobilises the toe joints and brings them back into their proper position. The bent toe is pulled back into its original shape. The **Pes valgus / Pronation Control** sock helps to support and control the foot, gently pulling it back into its naturally arched position.



Period of wear = therapy period

With the COMPRESSANA TAPE SOX, wearing socks becomes a form of therapy that neither limits feet in their functionality nor is noticeable in everyday life. The corrective socks are made of skin-friendly cotton, take up little space and can therefore be worn with any shoe. It is entirely up to you for how long you treat your foot, and without suffering any skin irritations or having to replace the tape each day, as is the case with direct taping. The tape socks are latex-free.

You can wear taping socks inside slippers, as well as outdoors and in sports shoes. They can be worn for long times. As tabi socks they are suitable for wearing with sandals or without shoes.

They can even be combined with insoles. Tape socks can be worn as night socks for gentle, passive correction.

Tabi sock with separate toe in instances of Hallux valgus



Pronation Control sock with external tapes

Application areas

Preventative: The COMPRESSANA TAPE SOX can be worn as a precautionary measure if you have an existing or developing misalignment. It is possible and generally unproblematic to combine them with inserts.

Post-operatively: After an operation for bunions or hammer toes, taping socks can help maintain a successful operation result by countering local misalignment.

The TAPE SOX can also be worn at night for gentle, passive correction. The corrective socks offer relief and support for flat feet and splay feet.

Application

COMPRESSANA TAPE SOX achieve the best results if worn in shoes that are not too tight, with enough room for the toes and with flat heels (< 4 cm). The shoes should also not be too small/short, as this also pushes the toes out of their natural position, which can cause hallux valgus as well as hammer/claw toes.

It is important that you slowly increase the length of time that you wear the tape socks, or wear them only overnight at first, so that the joints of the big toes can gradually get used to their new mobility. In the course of a week, you can increase the length of time you wear COMPRESSANA TAPE SOX until you are wearing them all day long.

Complement your therapy with exercises

You can complement the therapeutic effect with supplementary exercises. These can help to slow down or even halt the transition from a flexible to a contracted misalignment. Your physiotherapist will provide you with appropriate exercises for the legs, feet and joints, or you can find these online at www.my-mediobook.de/uebungen-nachdiagnose.html (by Dr Jens Wippert)



Simply scan the QR code for exercises.

Wearing the right shoes also helps prevent malpositioning. Physiotherapy and frequent barefoot running outdoors is also recommended for the treatment of malpositioned feet.



Tabi sock with two separate toes in instances with hammer toe



Pronation

Pronation (internal rotation) is the foot's natural way of absorbing shock and a natural inwards movement. Overpronation, e.g. through Pes valgus or severe overload, causes the edge of the foot to bend inwards to an extreme degree and places strain on ligaments, sinews and joints.

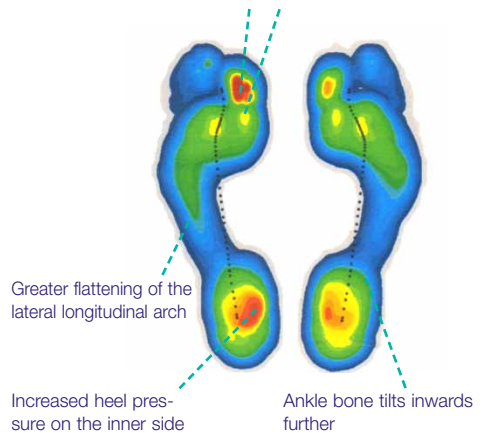
A shoe sole that has worn down on the inner forefoot or heel area can be a sign of overpronation due to Pes valgus or flat feet.

SPORTS The topic of pronation is much-discussed in sport, as malpositions can negatively impact on performance. For example, sports shoes / running shoes with special supports are used to try and counteract overpronation. COMPRESSANA Pronation Control TAPE SOX support the foot's arch – when wearing sports shoes and in everyday life.

Dynamic pressure measurement: Pes valgus tape socks

Without TAPE SOX

When combined with an internally tilted ankle bone, increased pressure on the ball of the foot is a sign of severe torquing



With TAPE SOX

Type Pes valgus / Pronation Control



When loaded, the foot and leg can better absorb force and conduct it into the ground in a targeted manner

• KINESIOLOGY • REGENERATION • MOBILITY • RELIEF • RECOVERY • STABILITY •



TAPE CORRECTION SOX



TYP ———
**HALLUX
VALGUS**

TYP ———
**HAMMER
ZEHE**

TYP ———
**KNICK-
SENFUSS**
PRONATION CONTROL

SOCKS / STOCKINGS WITH TAPES TO CORRECT
MALPOSITIONING OF THE FOOT / TOES

Walk painlessly
with COMPRESSANA

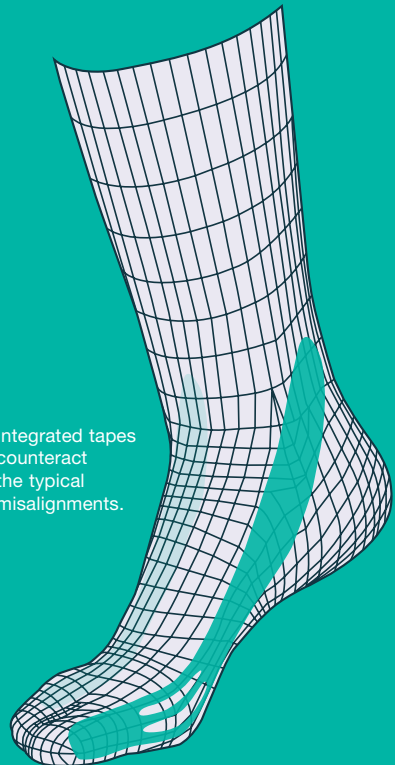
TAPE CORRECTION SOX

Walking means freedom – walking without pain
means being able to enjoy this freedom!

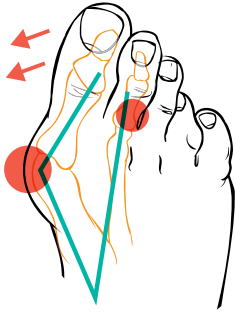
COMPRESSANA TAPE CORRECTION SOX combine the benefits of conservative therapy options such as physiotherapy with kinesiotope to counteract malpositioning of the foot or toes. They are free from side-effects. They can be used long term for problems that have functional causes. These include: bunions, flat feet, splay feet and hammer toes.

The preventive, therapeutic and correctional use of tape socks can prevent deterioration and subsequent complaints such as foot and joint pain or osteoarthritis in the joint of the big toe.

Integrated tapes counteract the typical misalignments.



COMPRESSANA TAPE SOX – the ideal companion



Malpositioning of the big toe in instances of Hallux valgus.

Hallux valgus, or a bunion, is the most common malposition of the toes. Here, the ball of the big toe on the inner edge of the foot visibly sticks outwards, while the big toe itself points towards the middle toes. Women are affected considerably more frequently than men. A definite tilting of the big toes is often already diagnosed during adolescence in girls. If left untreated, Hallux valgus can cause pain and limited mobility and lead to hammer toes and osteoarthritis in the base joint of the big toe.

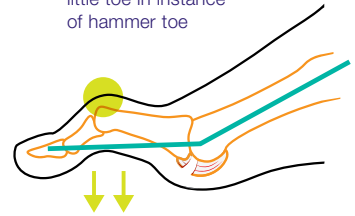
Causes & effects

Hallux valgus is often the result of splayfoot. It is more likely to occur in those with a hereditary predisposition or who have weakened connective tissue (due to e.g. pregnancy, medication, obesity). However, the leading cause of this malposition is unsuitable, pointed shoes with excessively high heels and a narrow toe area. Such shoes can cause painful calluses and corns. If left untreated, Hallux valgus can lead to the formation of hammer toes.

➔ The COMPRESSANA TAPE SOX Type Hallux valgus stabilise the big toe in its original axis. The result: less pain and better quality of life.



Malpositioning of the little toe in instance of hammer toe



With a hammer toe, the base joint of the toe is overstretched upwards and the middle joint bent downwards. The second toe is the most commonly affected toe. Statistically speaking, this malposition affects women five times more frequently than men. Because the middle toes perform an important function during the push-off phase when walking and can no longer do so properly when this malposition occurs, early treatment of hammer toe is advisable. If left untreated, hammer toes stiffen to the joint's bent position and can develop into claw toes.

Causes & effects

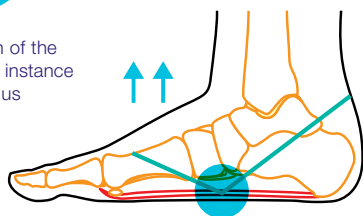
This malposition becomes increasingly painful and irritating. Alongside pressure discomfort, this malposition also leads to the formation of calluses and an inflamed weal (corn) on the middle joint of the toe. The main cause is weak musculature in combination with reduced muscle functionality. Alongside splayfoot and hollow foot, additional causes include rheumatism, gout, "poor" footwear, injuries, scars and a preceding Hallux valgus. Hammer toes also often frequently occur in people with "overly long" second toes compared to their big toes.

➔ By pulling the bent toe into its original shape, the COMPRESSANA TAPE SOX Type hammer toes can be used to counteract a stiffening of the toe and its associated consequences.

for daily life.

TYPE
**PES
VALGUS**
PRONATION CONTROL

Malposition of the mid-foot in instance of Pes valgus



Pes valgus is certainly one of the most common malpositions of the foot. This is characterised by an inward-turned heel and a flattening of the medial longitudinal arch. This causes the front of the foot to turn outwards, meaning that it no longer faces in the direction of travel when walking. Combined with a weakness of the lateral pelvic floor muscles, Pes valgus leads to a loss of support from the inside of the foot, causing the arch to “collapse”. In the final stage, severe cases of Pes valgus are described as flat feet.

Causes & effects

This malposition is often due to a combination of different factors. A lack of mobility, weak muscles, overstretched ligaments and a lack of muscular control all lead to loss of three-dimensional foot stability. Limited ankle mobility, reduced stability of the leg axes, etc. increases or causes the above-named problems. Great strain (standing, walking or running for long periods) and/or obesity have a negative effect on the malposition, especially in unsuitable shoes.

→ Compressana TAPE SOX Pes valgus/Pronation Control raise the heel and position the ball of the foot. The special alignment of the tape ribbons stimulates the musculature and three-dimensionally stabilises the foot's longitudinal and latitudinal arches, so that the foot can better absorb impact forces and conduct these into the ground in a targeted manner. The socks help to stop the malposition from getting worse and to reduce pain in the foot due to strain.

Alongside Pes valgus and flat feet, the socks also counteract other foot complaints such as Hallux valgus, heel spurs and splayfoot.

Illustration 1

- 1 Normal instep
- 2 Outline of a normal heel arch
- 3 Normal height of the medial longitudinal arch

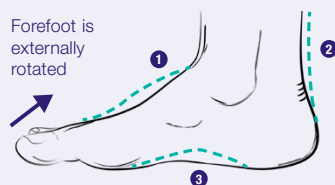


Illustration 2

The arch sags due to lack of medial support.

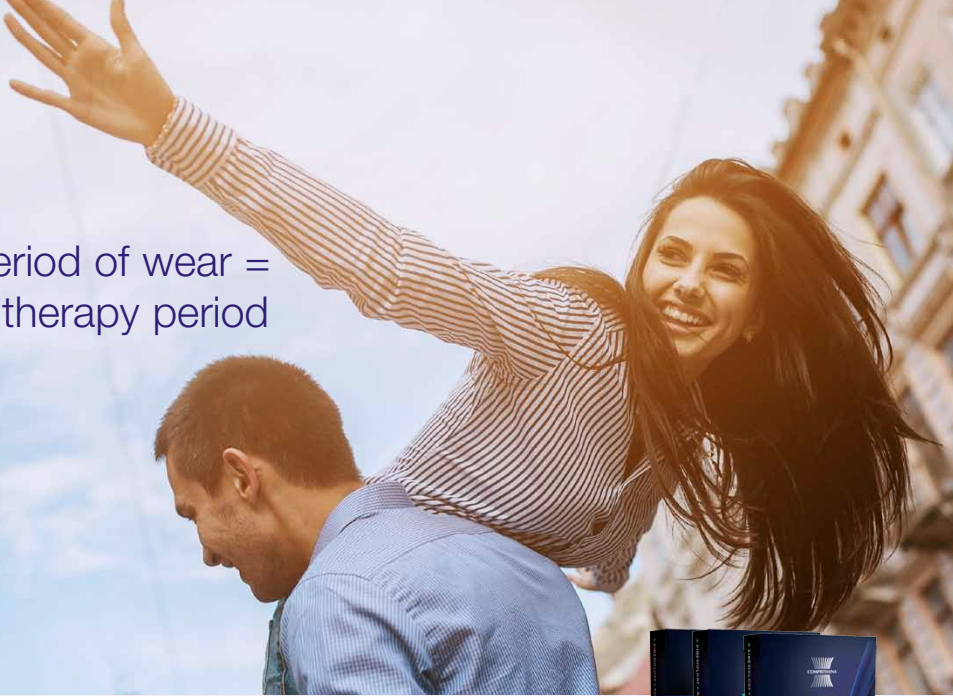




Japanese tabi socks with separate toe areas or special socks with integrated non-adhesive and skin-friendly tapes

- + Combat misalignment and correct malpositioning of toes or foot, depending on the model
- + Stabilise the toes, mobilise joints, promote a natural rolling movement of the foot, reduce pain and can prevent arthrosis.
- + Suitable for wearing all day and gentle on the skin like normal socks/ stockings; discreet can be worn without restrictions and suitable for the workplace, leisure and when exercising
- + Can also be worn preventively, post-operatively and in combination with insoles, or as night socks for gentle, passive correction

Period of wear =
therapy period









TAPE CORRECTION SOX

For more mobility in everyday life in
the event of **Hallux valgus, hammer
toes or Pes valgus/splayfoot.**

Can be worn in normal shoes.
No skin irritation.



Product	Sizes	Correction grades	Art.No.	Colours	Size table																						
 TAPE SOX Type Hallux valgus (Bunions)	33–46	Easy Medium Strong	HV Easy 3101 HV Medium 3102 HV Strong 3103		<table border="1"> <tr> <th colspan="2">Children</th> </tr> <tr> <td>29–30*</td> <td>K10,5–11,5</td> </tr> <tr> <td>31–32*</td> <td>K12–13,5</td> </tr> <tr> <th colspan="2">Adults/youths</th> </tr> <tr> <td>33–34*</td> <td>1–1,5</td> </tr> <tr> <td>35–36</td> <td>2–3,5</td> </tr> <tr> <td>37–38</td> <td>4–5</td> </tr> <tr> <td>39–40</td> <td>5,5–6,5</td> </tr> <tr> <td>41–42</td> <td>7–8</td> </tr> <tr> <td>43–44</td> <td>8,5–9,5</td> </tr> <tr> <td>45–46*</td> <td>10–11</td> </tr> </table>	Children		29–30*	K10,5–11,5	31–32*	K12–13,5	Adults/youths		33–34*	1–1,5	35–36	2–3,5	37–38	4–5	39–40	5,5–6,5	41–42	7–8	43–44	8,5–9,5	45–46*	10–11
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 TAPE SOX Type hammer toe	35–46	Strong	HZ Strong 3113																								
				 TAPE SOX Type Pes valgus (Pronation Control)	29–46	Strong	PC Strong 3123																				



Material composition

Bunions model • Hammer toe model:

90% cotton · 9% polyamide · 1% elastane

Pronation Control model:

45% polyester · 44% cotton · 9% polyamide · 2% elastane

*Not available in all varieties and colours



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