

Walk painlessly
with COMPRESSANA

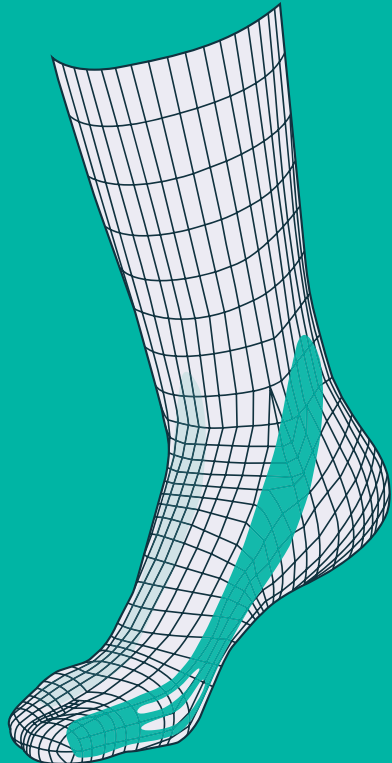
TAPE CORRECTION SOX

TAPE CORRECTION LOOPS

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

COMPRESSANA TAPE SOX AND LOOPS combine the benefits of conservative therapy options such as physiotherapy with kinesiota-
ping to counteract malpositioning
of the foot or toes. They are free
from side-effects.

They can be used long term for pro-
blems that have functional causes.
These include: bunions, flat feet,
splay feet and hammer toes. The pre-
ventive, therapeutic and correctional
use of tape socks can prevent dete-
rioration and subsequent complaints
such as foot and joint pain or osteoar-
thritis in the joint of the big toe.



COMPRESSANA TAPE SOX and LOOPS – the



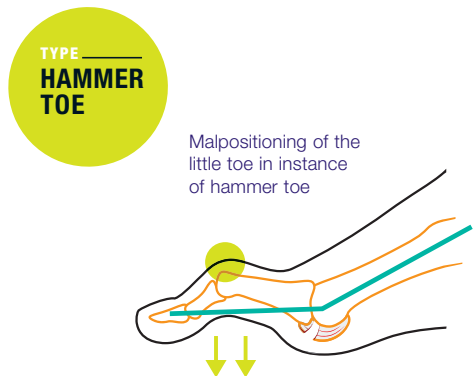
Malpositioning of the big toe in instances of Hallux valgus.

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



With a hammer toe, the base joint of the toe is over-stretched upwards or 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 into the joint's bent position and can develop into claw toes.

Causes & effects

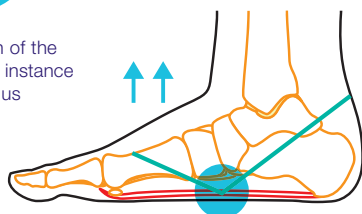
This malposition becomes increasingly painful and irritating. Alongside pressure discomfort, this malposition also leads to the formation of calluses and an inflamed weal (corn) on the middle joint of the toe. The main cause is weak musculature in combination with reduced muscle functionality. Alongside 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 and LOOPS Type hammer toes can be used to counteract a stiffening of the toe and its associated consequences.

ideal companion 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.

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. 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

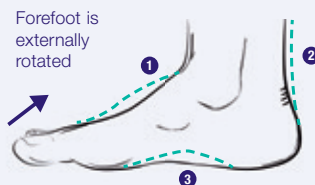
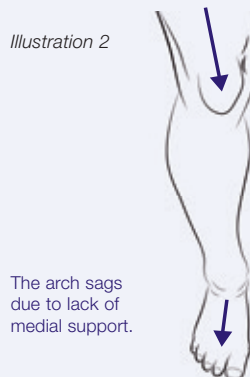
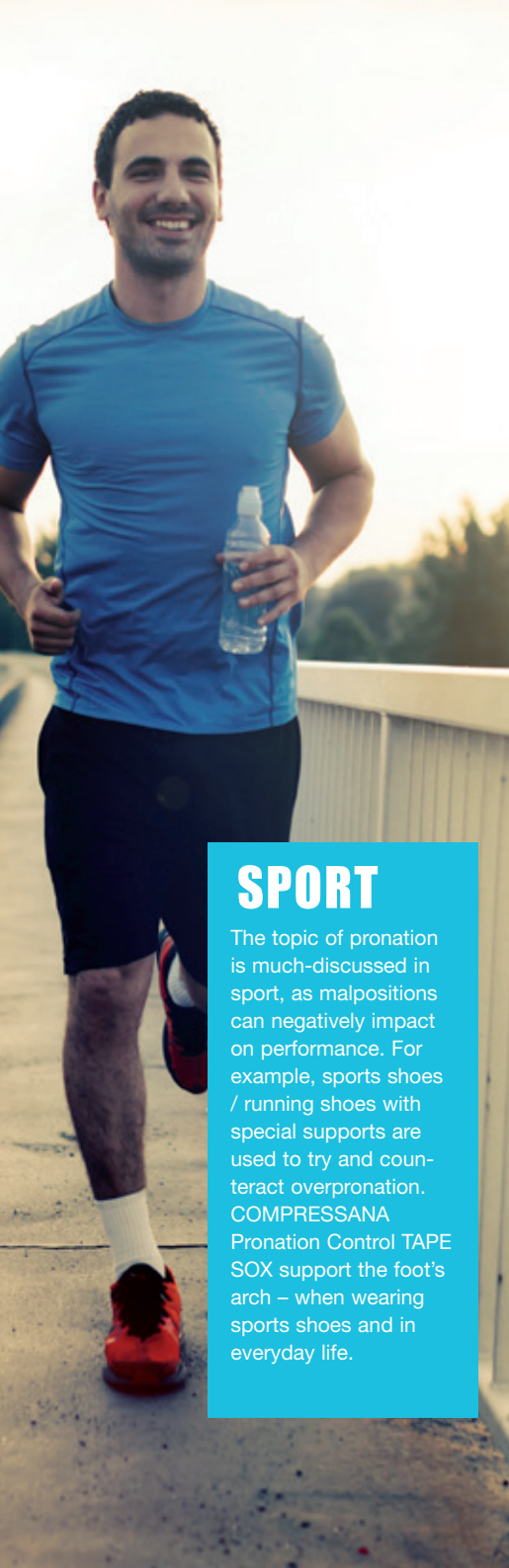


Illustration 2





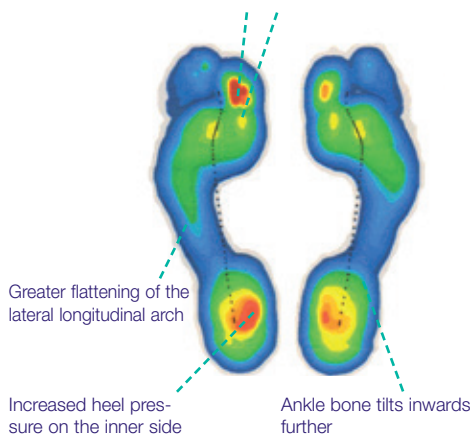
SPORT

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

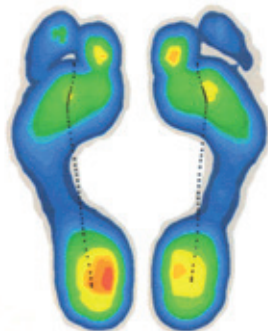
Without TAPE SOX

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

LOOPS



TYPE _____
**HALLUX
VALGUS**

TYPE _____
**HAMMER
TOE**

NON-ADHESIVE, SKIN-FRIENDLY TAPES TO SUPPORT
AND CORRECT MALPOSITIONING OF TOES



Mobilisation =
relief +
regeneration

TAPE SOX are japanese tabi socks with separate toe areas or special socks with integrated non-adhesive and skin-friendly tapes.

The skin-friendly TAPE LOOPS are attached to fabric to correct Hallux valgus and Hammer toe.



Tabi sock with separate toe in instances of Hallux valgus

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.

You can wear TAPE LOOPS barefoot or under socks or stockings. 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.

You can wear COMPRESSANA TAPE SOX and LOOPS 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.



Tabi sock with two separate toes in instances with hammer toe



Pronation Control sock with external tapes



Loop applied for
Hallux valgus



Loop applied for
Hammer toe,
almost invisible in
make-up



Two Loops applied
for Hammer toe and
Hallux valgus

Application areas

Preventative: The COMPRESSANA TAPE SOX and LOOPS can be worn as a precautionary measure if you have an existing or developing misalignment.

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

The corrective socks offer relief and support for flat feet and splay feet.

Application

COMPRESSANA TAPE SOX and LOOPS 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 or LOOPS until you are wearing them all day long.

Period of wear =
therapy period



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	  	Children 29–30* K10,5–11,5 31–32* K12–13,5
TAPE SOX Type Hammer toe	35–46	Strong	HZ Strong 3113		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
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

Product	Sizes	Correction grades	Art. No.	Colours
TAPE LOOPS Hallux valgus, Hammer toe	31–46		3150	  



Material composition TAPE LOOPS:

Typ HV • Typ HZ: 50% Polyurethan • 32% Polyamid • 18% Elasthan



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TAPE CORRECTION SOX



TYPE _____
**HALLUX
VALGUS**

TYPE _____
**HAMMER
TOE**

TYPE _____
**PES
VALGUS**
PRONATION CONTROL

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