

Taping Socks HV



Foot fact

For about 5,000 years, people have been wearing shoes, which have changed a lot over time, of course. They are part of our everyday life, and therefore most people will be familiar with this situation: after a long day in shoes, the feet need a break. Over time, wearing shoes can become a strain, especially in certain professions. So what can be done about it?

When choosing shoes, it is essential to ensure a sufficiently broad basic shape and flat enough heels. This allows the toes in particular to 'breathe'.

The benefits at a glance

- Taping Socks HV pull the toes apart, training the muscles in the process
- 8 hours of wearing = 8 hours of training
- The socks can be worn in normal shoes
- Optionally available with dimples for indoor use
- In combination with targeted exercises, they can strengthen the foot muscles in the long term

Exercises HV

Strengthening of the big-toe muscles

It is important to additionally strengthen the muscles. Various exercises that simultaneously loosen and strengthen the muscles contribute to this.

Here is an example:

- While sitting, place your foot on the floor and tilt the foot outwards
- Actively guide the inner ball of the foot and the big toe back towards the floor at the same time
- Hold this position for 5–10 seconds and then relax the foot
- Repeat the exercise 3–4 times

Important

Try to make the movement in a controlled manner at first. You will see that it is not so easy to consciously control the muscle. In many cases, the nerve impulse for active control has already been forgotten. Keep in mind: control first, then strengthen as described above.



Taping Socks HZ



Foot fact

Over the course of our lives, we walk or run the equivalent of going around the Earth three times. That is around 120,000 kilometres or 200 million steps. With that in mind, our feet have earned a bit of support and well-being.

That is exactly why we offer you our Taping Socks. These socks with specially positioned taping bands train your muscles over the long term and thus relieve the strain on your feet.

The benefits at a glance

- Taping Socks HZ can be worn daily in normal shoes
- Unlike with regular sport tapes, the skin is not irritated
- In combination with targeted exercises, they can strengthen the foot muscles in the long term



Exercises HZ

Mobilisation of the second toe

The aim of the exercises is to mobilise and strengthen the second toe. First, the mobilisation:

- Hold the second toe with the thumb above and the index finger below and pull forward
- While doing so, gently push down the middle phalanx until you feel resistance
- Hold this position still for around 15 seconds
- Repeat the exercise several times

Strengthening the muscles of all small-toes

- Press the heel and ball of the big toe firmly against the floor
- Spread your toes and position the stretched toes on the floor
- The middle phalanx of the small toe should be stretched
- Hold this position with light pressure on the floor for around 15 seconds

Important

It is not so easy to control the relevant muscles and perform the exercise in a controlled manner. For that reason, you should take time to practice. Once you succeed, the next step is to perform the exercise standing up.



TAPING SOCKS

by schein



Taping Socks KS



Foot fact

In total, our feet consist of 28 bones, 33 joints, over 100 ligaments and approx. 1,700 nerve endings. A quarter of all our bones are in our feet. Over time, our feet become tired and can no longer hold their position well. That's why it's important not to forget your feet when exercising. Have you ever done foot exercises? With our Taping Socks **KS** and a few simple exercises, which we will show you later, you can keep your feet fit.

The benefits at a glance

- Taping Socks **KS** can be worn daily in normal shoes
- Unlike with regular sport tapes, the skin is not irritated
- In combination with targeted exercises, they can strengthen the foot muscles in the long term
- The socks work with tension, not pressure

Exercises KS

Strengthening the longitudinal arch muscles

- While sitting, put your heel on the floor
- Dorsiflex your big toes and raise the ball joints to your upper body
- Hold this position for around 5 seconds
- Repeat this exercise approx. 8 times per foot each day
- The toes stay relaxed during this exercise

Important

It is not so easy to control the relevant muscles and perform the exercise in a controlled manner. Take time to practice.



Taping Socks KS



Available sizes

-	35-36	41-42
-	37-38	43-44
33-34	39-40	45-46

Strength

Medium

Colour

Black

Material

90 % cotton, 9 % polyamide, 1 % polyurethane

Taping Socks HZ



Available sizes

-	35-36	41-42
-	37-38	43-44
33-34	39-40	45-46

Strength

Strong

Colour

Black

Material

90 % cotton, 9 % polyamide, 1 % polyurethane

Taping Socks HV



Available sizes

29-30	35-36	41-42
31-32	37-38	43-44
33-34	39-40	45-46

Strength

Medium

Strong

Colour

Dark blue / Grey / Black

Slip resistance

Optionally available with dimples

Material

45 % polyester, 44 % cotton, 9 % polyamide, 2 % polyurethane



COMMUNICATE WITH US
VIA WHATSAPP:

+49 2191 910-200

www.schein.de/whatsapp/privacy



Schein Orthopädie Service KG
Hildegardstr. 5
42897 Remscheid, Germany
Tel. +49 2191 910-200
Fax +49 2191 910-100
remscheid@schein.de
www.schein.de



Wir helfen

Your specialist dealer



09999510