

# Relief Dual® Plus

Off-loading shoe with high ankle support

PLUS even more applications for postoperative management and wound treatment

Available  
up to size  
MXXL  
(47.5 – 50.0)



64%  
higher than the  
Relief Dual®



- > The Relief Dual® Plus easily accommodates bulky dressings
- > For postoperative treatment and for wound therapy
- > Relief and restriction of ankle movement thanks to shoe base reinforcement
- > Innovative dual sole technology:  
Abrasion-resistant, light, shock-absorbing and anti-slip
- > Can be combined individually with DARCO modular insole systems





**DARCO**


# Relief Dual® Plus

Off-loading shoe with a high shaft and adjustable heel cap

Right = Left 

Exchangeable insole 

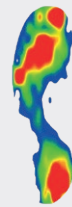
For diabetics with a suitable insole 

Compensation shoe not necessary 



## Proven quality, innovative concepts!

Back-shifted pivot point for less pressure on the forefoot



Neutral



Relief Dual®/Plus

Flat off-loading shoe with a high shaft and a closure strap that goes around the ankle

There is virtually no movement of the ankle during each step due to continuous, rigid reinforcement of the base of the shoe which generates greater off-loading of the forefoot. Furthermore, this achieves improved pressure redistribution.

## INDICATIONS

- > Postoperative
  - For stabilisation and offloading, e.g. foot osteotomies
  - For removal of Haglund exostosis
  - After surgery for fasciitis plantaris / heel spur
- > For wound therapy

## FEATURES

- > Shaft: 64% higher than in the Relief Dual®
- > High shaft → Orthograde rearfoot stability
- > Individually adjustable heel cap → Optimal support + maximum stability
- > Closure strap goes around the ankle → Additional support
- > Maximum opening width → Space for bulky dressings
- > Innovative dual-sole technology → Abrasion-resistant, shock-absorbing, anti-slip, with continuous rigid shoe base reinforcement
- > Reduced dorsal extension momenta → High forefoot off-loading
- > Less ankle movement + improved pressure redistribution after surgery
- > Negative heel through use of the insoles Puzzle Insole®, Relief Contour Insole
- > Suitable for diabetes-adapted footbed
- > Wide hook and loop strap with medial + lateral strap loops
- > Back-shifted ball rocker → Less loading in the forefoot
- > Square Toe: Generous angular shape → Toe protection

# Benefits at a glance



- > High shaft for orthograde rearfoot stability
- > Flexible and adjustable heel cap
- > More space, no pressure points
- > Soft lining



- > Closure strap goes around the ankle
- > Strap loops on both sides
- > Hook and loop fastener can be cut to desired length



- > Latest rear entry design due to maximal opening of the shoe



- > Seamless and larger comfort area after, e.g., hallux valgus surgery



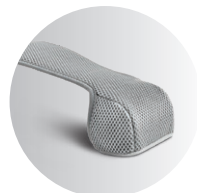
- > Built up in layers for improved pressure redistribution through the long-sole, rigid inner sole



- > Space for inserts through the removable sole (also diabetes-compliant foot bed)
- > Low profile height – no height adjustment necessary



- > Slip-resistant rubber sole
- > Improved shock absorption particularly in the heel and ball area

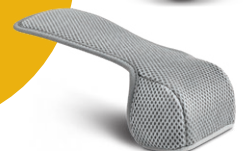


- > Toe cap optionally available
- > Impact protection for the toes
- > Protects toes from inclement weather and dirt



Relief Dual® Plus,  
PegContour® Insole Uni  
and Toe Cap

Available  
up to size MXXL  
(47,5 – 50,0)



# Relief Contour Insole

## Arch Cushion Insole

Right ≠ Left

R ≠ L

For diabetics



Time saving



Relief Dual®/Plus



Relief Contour Insole  
in Relief Dual®/Plus

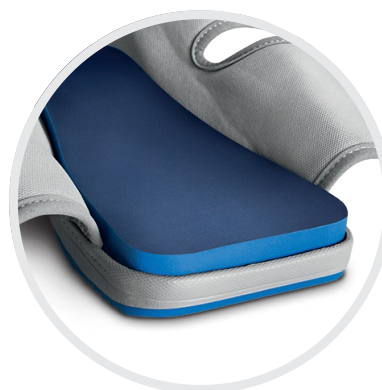
Pressure redistribution of up to 90% due to nearly full contact

### INDICATIONS

- > After hallux valgus and small toe surgery (Austin, Akin, Scarf, Weil, Hohmann etc.)
- > Talipes valgus, flat foot, splay foot
- > Angio-neuropathic foot changes in combination with mild foot deformities

### FEATURES

- > Arch cushion insole (long-sole)
- > Anatomically adapted contours  
→ Optimal pressure redistribution
- > Contact between foot and sole over almost the entire surface  
→ Pressure redistribution up to 90%
- > Dorsal extension: Negative heel of 2.4° → Forefoot off-loading
- > Medial longitudinal arch and proximal transverse arch  
→ Ideal load redistribution
- > Customisable PU material with high shape recovery
- > Soft lengthwise and crosswise sole covering  
→ High wearing comfort
- > Square Toe: Generous angular shape  
→ Toe protection



# PegAssist® Insole

## Peg Off-Loading Insole

Right = Left

R=L

For diabetics



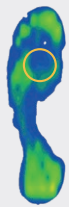
Low weight



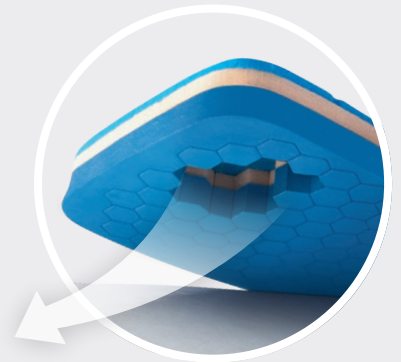
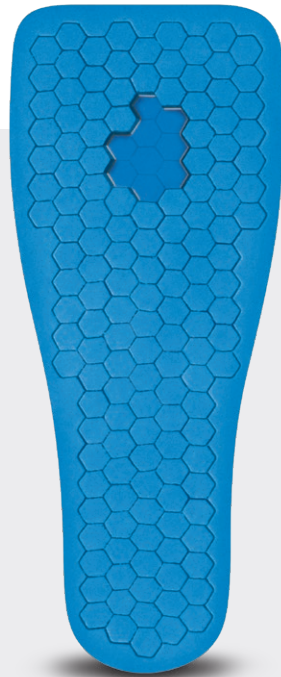
Time saving



Relief Dual®/Plus



PegAssist® Insole  
(MTP II + III omitted)  
in the Relief Dual®/Plus



## Selective off-loading through individual relief zones

### INDICATIONS

For selective off-loading for:

- > Plantar lesions
- > Plantar ulcerations
- > Pressure points

### FEATURES

- > Insert system with individually removable pegs
  - Customisable fitting
- > Plantar pressure redistribution
- > Targeted, punctual pressure relief
- > Pressure reduced by up to 50 %
- > Shock-inhibiting
- > Material: 18 mm PE foam layer + Poron® + EVA
- > Square Toe: Generous angular shape
  - Toe protection
- > Marker pen (included)



# PegContour® Insole Uni

## Universal Peg Arch Cushion Insole

Right = Left

R=L

For diabetics



Time saving



Relief Dual®/Plus

PegContour® Insole Uni  
(MTP II + III omitted)  
in the Relief Dual®/Plus



Due to the symmetry,  
the insole is wearable  
either on the right or left.

## Simultaneous targeted offloading and pressure redistribution over the entire surface

### INDICATIONS

- > After hallux valgus and small toe surgery (Austin, Akin, Scarf, Weil, Hohmann etc.)
- > Postoperative use and treatment of the heel
- > Angioneuropathic foot changes in combination with mild foot deformities
- > Healing of ulcerations in the heel area (rearfoot ulcers)
- > Fasciitis plantaris / heel spur
- > Heel wounds

For selective off-loading for:

- > Plantar lesions
- > Plantar ulcerations / ulcer prevention
- > Pressure points

### FEATURES

- > Shock-inhibiting arch cushion insole (long-soled) with individually removable pegs → Customisable fitting
- > Plantar pressure redistribution + targeted, selective pressure relief
- > Pressure reduced by up to 45 %
- > Customisable PU material with high shape recovery
- > Soft sole covering made of lengthwise and crosswise elastic polyester
  - High wearing comfort
- > Symmetrical sole
  - Universal fit for right + left foot
- > For lesions in the arch of the foot
- > Anatomically adapted contours
  - Optimal pressure redistribution



Memory  
Foam

## The new version have several advantages:

- + Modified production method
  - No EVA insole floor / backing plate required
- + Easier and quicker customisation
- + Optimised PU material composition
  - Better resilience
- + New insole lining and colour design
- + Made in Europe

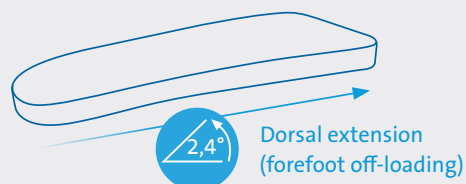
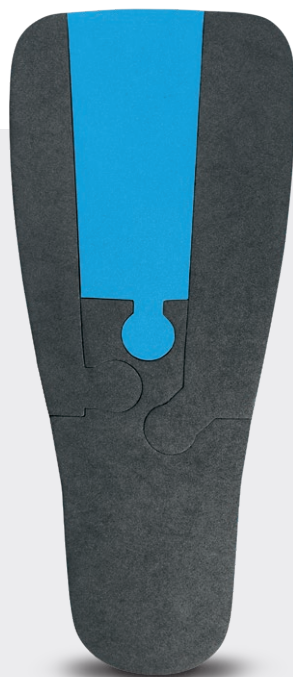
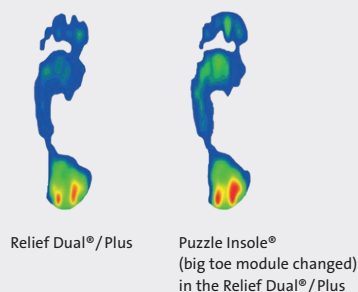
# Puzzle Insole®

## Modular Insole

Right = Left R=L

Low weight

Time saving



## Indication-specific pressure relief through a modular insole with interchangeable elements

### INDICATIONS

#### 1 Small Toe Module (narrow)

- > Tailor's bunion (digitus superductus)
- > Jones fractures (puzzle module extends to Lisfranc joint row)



#### 2 Big Toe Module (wide)

- > Metatarsophalangeal joint arthrodesis
- > Austin, Scarf and Akin osteotomies
- > Closing and opening wedge
- > Transverse and pendulum osteotomies
- > Lapidus arthrodesis (TMT1 arthrodesis)
- > Youngswick osteotomies (puzzle module extends to cuneiform I)



#### 3 Middle Module

- > Weil and /or Helal osteotomies I – IV
- > Morton's neuroma
- > Hammer toe corrections
- > PIP /DIP arthrodesis
- > Metatarsal bone fractures II – IV
- > Shortening osteotomies of the metatarsal bones II – IV (puzzle module extends to proximal end of the metatarsal bones II – IV)

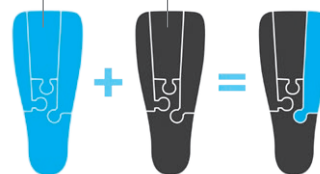


Shore hardness

09

30

Turn two into one – to customize!



### FEATURES

- > Set of 2 soles (blue + black) with 4 elements each  
→ Individual combination options
- > Different Shore hardnesses: Blue 09 | Black 30
- > Different composition of the sole modules  
→ Indication-dependent pressure redistribution
- > Dorsal extension: Negative heel of 2.4°  
→ Forefoot off-loading
- > Plantar pressure redistribution
- > Shock-inhibiting
- > Material: EVA foam
- > Square Toe: Generous angular shape  
→ Toe protection

## Article List



### Relief Dual® Plus

SIZE	ART. NO.
<b>Woman   Colour grey</b>	
WS 34.0 – 36.5	RDP-W1
WM 37.0 – 38.5	RDP-W2
WL 39.0 – 41.0	RDP-W3
<b>Men   Colour grey</b>	
MS 39.0 – 41.0	RDP-M1
MM 41.5 – 43.0	RDP-M2
ML 43.5 – 45.0	RDP-M3
MXL 45.5 – 47.0	RDP-M4
MXXL 47.5 – 50.0	RDP-M5



### PegContour® Insole Uni

SIZE	ART. NO.
<b>Woman</b>	
WS 34.0 – 36.5	PCIU-W1
WM 37.0 – 38.5	PCIU-W2
WL 39.0 – 41.0	PCIU-W3
<b>Men</b>	
MS 39.0 – 41.0	PCIU-M1
MM 41.5 – 43.0	PCIU-M2
ML 43.5 – 45.0	PCIU-M3
MXL 45.5 – 47.0	PCIU-M4
MXXL 47.5 – 50.0	PCIU-M5



### Toe Cap (optional)

SIZE	ART. NO.
<b>Woman</b>	
WS 34.0 – 36.5	TCDW1
WM 37.0 – 38.5	TCDW2
WL 39.0 – 41.0	TCDW3
<b>Men</b>	
MS 39.0 – 41.0	TCDM1
MM 41.5 – 43.0	TCDM2
ML 43.5 – 45.0	TCDM3
MXL 45.5 – 47.0	TCDM4
MXXL 47.5 – 50.0	TCDM5



### Relief Contour Insole

SIZE	ART. NO.	ART. NO.
<b>Women</b>		
	<b>Right</b>	<b>Left</b>
WS 34.0 – 36.5	RC-W1-R	RC-W1-L
WM 37.0 – 38.5	RC-W2-R	RC-W2-L
WL 39.0 – 41.0	RC-W3-R	RC-W3-L
<b>Men</b>		
	<b>Right</b>	<b>Left</b>
MS 39.0 – 41.0	RC-M1-R	RC-M1-L
MM 41.5 – 43.0	RC-M2-R	RC-M2-L
ML 43.5 – 45.0	RC-M3-R	RC-M3-L
MXL 45.5 – 47.0	RC-M4-R	RC-M4-L



### PegAssist® Insole

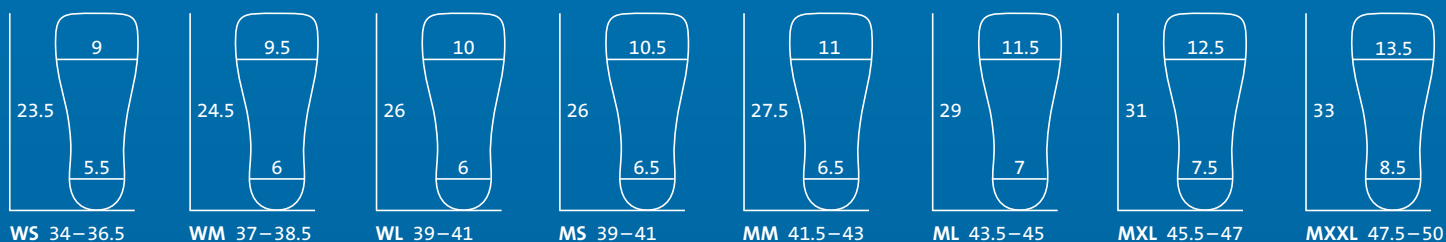
SIZE	ART. NO.
<b>Women</b>	
WS 34.0 – 36.5	PAS-W1
WM 37.0 – 38.5	PAS-W2
WL 39.0 – 41.0	PAS-W3
<b>Men</b>	
MS 39.0 – 41.0	PAS-M1
MM 41.5 – 43.0	PAS-M2
ML 43.5 – 45.0	PAS-M3
MXL 45.5 – 47.0	PAS-M4



### Puzzle Insole®

SIZE	ART. NO.
<b>Women</b>	
WS 34.0 – 36.5	PI-WS
WM 37.0 – 38.5	PI-WM
WL 39.0 – 41.0	PI-WL
<b>Men</b>	
MS 39.0 – 41.0	PI-MS
MM 41.5 – 43.0	PI-MM
ML 43.5 – 45.0	PI-ML
MXL 45.5 – 47.0	PI-MXL

## Sizes and Measurements



All measurements are defined in cm and correspond to the insole. DARCO shoe sizes represent a general reference only. The choice of shoe size is significantly influenced by the volume of the bandages and size of cast.

