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Orthoses are our passion

Heel Pain Solutions: Targeting Plantar Fasciitis and Heel Spur



**HELP FOR
PAINFUL
HEELS**



Plantar fasciitis and heel spur are the most common reasons for heel pain

– offers the product range that makes a difference

Our broad assortment is developed to work day and night: active support during movement and relief at rest. It includes everything from heel cups and orthoses to insoles, plantar fasciitis socks, and night splints.

Effective products that are easy to combine – for faster relief and better results.

We provide a technically advanced assortment with a unique combination concept. Several products work together to create multifunctional solutions for one of the most common foot problems: heel pain, plantar fasciitis, collapsed heel pad, and heel spur.

Cause and symptoms

Pain is often located centrally under the heel, on the inside, or at the front edge of the heel, and worsens with load, especially on hard surfaces or during heel raises.

Typical risk factors include:

- Overpronation and foot malalignment
- Insufficient shock absorption in shoes
- Rapid increase in activity
- Prolonged standing or walking on hard floors
- Flat or high arches
- Overweight

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Product combinations that make a difference

The key to effective relief is a holistic solution that combines unloading, correction, and treatment. Mediroyal offers a broad product range developed to reduce strain on the fascia, improve circulation, and restore natural foot function.

- Shock-absorbing and stabilizing insoles and heel cups
- Compression socks for targeted relief
- Night splints to counteract morning pain
- Compression and unloading supports for activity
- Arch supports developed specifically for heel problems and heel spur

A complete range for plantar fasciitis and heel spur

We offer a wide and complete assortment developed for rehabilitation, prevention, and active relief:

PF8™ - sock for heel spur



NEW!

A unique compression sock that relieves heel spurs, plantar fasciitis and worn out heel cushions. Eight zones create targeted compression around the foot, heel and ankle. The product works as a complement to taping. Size: S-LW

APF8™ – Active sock for heel spurs



NEW!

A further development of the popular PF8 sock, adapted for sports and exercise. The model has reinforced compression in the PF zone for extra support during higher loads. The product works as a complement to taping. Size: S-L

Tulis HD Heel cup – Shock-absorbing support for the heel



TU10211

Unique combination function for painful heels. Effective shock absorption and stable heel support under high loads – in one product. Size: S-L

Tulis Cheetah – Heel insert with integrated fixation



TU20220

The only solution for heel pain indoors without shoes. The heel cup is fixed to the heel and follows regardless of shoes or barefoot load. The product works as a complement to taping. Size: XS-L

Tulis So Soft – Extra comfort for sensitive feet



TU10207

Unique heel cup with a soft and padded inside against the foot. The heel cup's lower profile works everyday in shoes with limited space. Size: M-L

Tulis Plantar Fasciit – Schenk reinforced insole



TU10091

A full-coverage arch stabilizing insole with a reinforced arch for more effective relief and support. The deep heel cup creates extra support for a painful heel. Size: S-XL

MOV – Pronation-correcting sole



MR1500

Pronation-compensating sole for problems with plantar fasciitis. MOV is a unique sole that combines support, shock absorption and stability in the same product. Shoe size: 34/35-46/47

Springer – Arch support with targeted relief zone



Orthopedic arch support specially developed to support and relieve problems with heel spurs and plantar fasciitis. An extra soft heel zone under the heel creates optimal comfort.

Shoe size: 35-48

Heel Wedge – Heel wedge for the shoe



A unique shock-absorbing heel spur wedge with relief zones for heel spur and plantar fascia in the same construction.

Size: S-L

Tulis X-brace – Elastic X-band for relief during movement



Tulis X-Brace is a simple but effective elastic foot orthosis that can relieve pain from plantar fasciitis, heel spurs and Sever's disease.

Size: XXS-XL

NPF8 – Night sock with slow stretching of the plantar fascia at night



Night sock for plantar fasciitis and heel spurs that stretches the tendon sheath under the foot during the night. It promotes proper healing and counteracts morning pain and gait problems. Size: S/M-L/XL

NRX Strap – Day and night use with individual adaptation



Unique NRX strap solutions for heel spurs. Take up minimal space in shoes and provide maximum individual adjustment and support. The product works as a complement to taping.

Unique solutions for the best results

- Medically developed products for clinical use and home treatment
- Individually adaptable options for different activity levels
- Combination-friendly solutions that work individually or together for greater effect

Support for everyday life and activity. Day or night, active or resting, outdoors with shoes or indoors without shoes!



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