

## Manufacturer's Instructions and User Information

**Name and Address of the manufacturer:** Impacto Protective Products Inc.  
PO Box 524, Belleville, ON K8N 5B2 Canada

**Style Identification:** VI4838, VI4839, VI4840, VI4841 Heel Spur

**Description:** **IMPACTO® Heel Spur Cushion**

Thickness 0.25-inch tapers down to 0.1 inch, Made of a cushion-soft visco-elastic polymer, this heel support cushion has a removable "teardrop" plug on the underside, that when removed, relieves the pressure from under the painful area of the heel. Soft fabric cover wicks away moisture. A special surface tackiness adhesive keeps these foot pain relief insoles in place to prevent bunching at the toe area.



These garments bear CE marking to demonstrate compliance with EU 2016/425 Personal Protective Equipment Annex II Health & Safety Requirements.

EU Declaration of Conformity: <https://www.impacto.ca/products/datasheet-ce-conformity-statements/>

**Fitting Instructions:**

Remove any loose fitting inner insoles or debris from heel area of shoe. Place cushion, fabric side up, into the heel area of the shoe. Put shoe on and stand with weight on heels for 10-20 seconds. Remove the small plug from the center of the appropriate cushion if you suffer from acute heel pain. Can be used in either right or left shoes and may be switched to give optimum comfort. Remove any loose fitting inner insoles or debris from heel area of shoe. Place heel spur cushion into the heel area of the shoe with the teardrop pointing towards the inside of the heel.

| Part#   | USA Men | USA women | UK      | Europe  |
|---------|---------|-----------|---------|---------|
| VI4838A | 2 – 4   | 4 – 6     | 1 – 3   | 33 - 36 |
| VI4839B | 5 – 7   | 7 - 9     | 4 – 6   | 37 – 40 |
| VI4840C | 8 – 10  | 10 – 13   | 7 – 9   | 41 – 44 |
| VI4841D | 11 - 13 |           | 10 - 12 | 45 - 48 |

Weight (Lbs.): 0.20, Sold per Pair. Case: 50.

Heel cushions are an excellent alternative to full insoles in tighter fitting shoes. Used to provide relief from fatigue and pain. Help reduce heel, foot, leg and low back pain or to treat conditions such as plantar fasciitis or heel spur. Can be worn in all types of footwear.

**Note to Physician and Therapist** For relief of subcalcaneal pain associated with excessive heel strike impact. It is recommended that all patients with acute or chronic subcalcaneal pain are fully assessed by a clinician, including radiological, hematological and urine examination. During the first 3-4 weeks of use the patient should experience progressively less pain beneath the heel. Sometimes the pain AND tenderness will move from the site of origin-usually anteriorly-suggesting the need for a corrective orthotic device. When the subcalcaneal pain and tenderness have settled (usually in 4-8 weeks) change to standard Heel Cushions or Insoles. (If an orthotic is needed this should be used in conjunction with the insoles.) If there is no substantial or complete relief within 8 weeks a full re-evaluation is recommended, including a further X-ray or bone scan and serological investigations. Please ensure that patients have sufficient HEEL SPUR Cushions for all the shoes, including sportswear, that they use during the first 8 weeks. Non-compliance with recommended usage is a common cause of failure to respond. As far as possible the causative event should be identified and prevented from occurring again, particularly in sport or training. Cases of degenerative arthritis in foot or ankle should NOT be managed with Heel Spur Cushions; in these patients insoles or full length inlay of (3/16" thickness) Cushioning Sheet are less likely to alter the joint biomechanics. Heel Spur Cushions can be used in either right or left shoes and may be switched to give optimum comfort.

**Washing Instructions:**

Hand wash or wipe the surface with rubbing alcohol or warm soapy water. Hang to dry. Do not dry clean or place in dryer. The natural tackiness of the components can be increased with an application of alcohol or decreased with a dusting of talcum powder.

**Limitations of Use:**

It is recommended that, once inserted, these cushions remain in the shoes. Continual removal from one pair of shoes to another may cause deterioration.

**After Care:**

Follow the manufacturer's recommendations for washing and cleaning. To ensure optimum protection, regular comparisons are recommended against a new product. This product is warranted against defects in materials and workmanship for 12 months from purchase. There are no other warranties expressed or implied. The company will not accept liability for product, whose use and care advice has been ignored.

# EU DECLARATION OF CONFORMITY

We,

Impacto Protective Products Inc.  
PO Box 524  
Belleville, ON K8N 5B2  
Canada

Declare that the PPE described here after,

Blue dot, Heel Spur, Heel Cups, Reliever Insoles

These garments bear CE marking to demonstrate compliance with EU  
2016/425 Personal Protective Equipment Annex II Health & Safety Requirements.

this declaration of conformity is self-certified and issued under the sole responsibility of the  
manufacturer;

The technical Construction File is maintained at the following addresses:

1. Impacto Protective Products Inc.  
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Contact Mr. Eric Lehtinen

Authorized Signatory



Date Oct 24, 24

Name:

Eric Lehtinen

Position:

President  
Impacto Protective Products Inc.