



Hapad® foot care products make treating your painful foot complaints as easy as:



The most widely used and recognized **Hapad** products are medically designed to effectively treat chronic forefoot complaints including bunion pain, metatarsalgia, ball of foot pressure, flat and high arch problems, neuromas, calluses and much more.

Foot and ankle specialists around the world use and recommend **Hapad** products as a first-line, cost-effective treatment for relief of painful foot complaints. The three products highlighted in this brochure are the most widely used for best results of forefoot problems.

The **Longitudinal Metatarsal Arch Pads** and **Metatarsal Pads** come in various thicknesses to provide a choice in support and a custom fit. They remain the physician's favorites! Proper placement and correct choice of size of these two pads is important for achieving maximum pain relief.

For Morton's neuroma, many physicians use a Small 1/4" **Metatarsal Pad** and achieve 100% relief. The Pad is larger than the **Neuroma Pad** and placed right behind the affected painful metatarsal heads. The Neuroma Pad will achieve equally successful results but provides slightly trickier placement since it is placed directly under the painful neuroma.

This brochure will help you select the correct **Hapad** forefoot product and size, and provide helpful hints for placement. Keep in mind that the size charts are just a general guide. If your physician has recommended a different size, follow their instructions since they have personally examined your foot and discussed your condition and treatment.

There may be more than one **Hapad** product choice for your foot problem. Best selection sometimes depends on shoe style, condition, lifestyle and activity level.

		Product #	Size	Qty./Pr.
Longitudinal Metatarsal Arch Pads				
	1-6 prs.	\$8.00/pr.	LMES	Extra Small 5/16" _____ pr.
	7-11 prs.	\$7.50/pr.	LMS	Small 3/8" _____ pr.
	12+ prs.	\$7.25/pr.	LMM	Medium 7/16" _____ pr.
	Lefts/Rights	\$4.50/ea.	LML	Large 1/2" _____ pr.
			LMEL	Extra Large 9/16" _____ pr.

		Product #	Size	Qty./Pr.
Longitudinal Metatarsal Arch Pads Extra Wide (E-EEE) size				
	1-6 prs.	\$8.00/pr.	LMSEW	Small 3/8" _____ pr.
	7-11 prs.	\$7.50/pr.	LMMEW	Medium 7/16" _____ pr.
	12+ prs.	\$7.25/pr.	LMLEW	Large 1/2" _____ pr.
	Lefts/Rights	\$4.50/ea.		

		Product #	Size	Qty./Pr.
Metatarsal Pads				
	1-6 prs.	\$7.00/pr.	MES	Extra Small 3/16" _____ pr.
	7-11 prs.	\$6.50/pr.	MS	Small 1/4" _____ pr.
	12+ prs.	\$6.00/pr.	MM	Medium 5/16" _____ pr.
	Lefts/Rights	\$4.50/ea.	ML	Large 3/8" _____ pr.

		Product #	Size	Qty./Pr.
Neuroma Pads				
	1-6 prs.	\$6.00/pr.	NEU	One Size 1/4" _____ pr.
	7-11 prs.	\$5.75/pr.		
	12+ prs.	\$5.50/pr.		

Name/Customer # (if known) _____

Address _____

City _____ State _____

Zip _____

Phone (_____) _____

PLEASE PAY BY CHECK OR CREDIT CARD.

Check Enclosed

Card #: _____

Exp. Date: _____ Security Code*: _____

* MasterCard, Visa and Discover — the last 3 numbers on the back side of the card.

* American Express — 4 numbers on the front side of the card above acct. number.

Signature: _____

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Please add for postage and handling. Shipped by 1st Class Mail or FedEx.

Sale Amount:	Shipping Charges:
Up to \$20.00	\$4.50
\$20.01 to \$40.00	\$4.00
\$40.01 to \$69.99	\$3.50
\$70.00+	FREE
Priority Mail (2-3 day delivery)...	\$7.00
FedEx Next Day, 2nd Day, 3 Day available for an additional charge	

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FREE postage and handling with full paid orders of \$70.00 or more. (does not apply to Express Shipping).

SUBTOTAL:	
SHIPPING & HANDLING:	
TOTAL:	

Hapad, Inc.

A Patient's Guide to Hapad Basic Forefoot Shoe Padding Procedures



100% Wool Felt Foot Care Products

Hapad, Inc.
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Bethel Park, PA 15102
1-800-544-2723 (Mon-Fri 8 A.M.-5 P.M. EST)
1-800-232-9427 (Fax)
info@hapad.com • www.hapad.com

ABC'S FOR IMPLEMENTING HAPAD SHOE PADDING PROCEDURES

A Select the Correct Pad

Longitudinal Metatarsal Arch Pads



- ▶ Longitudinal Metatarsal Arch Pads are the original Hapad®. The patented design is a combination arch and metatarsal support.
- ▶ When properly placed, the Longitudinal Metatarsal Arch Pad controls pronation and supports the transverse metatarsal arch.
- ▶ The Longitudinal Metatarsal Arch Pads will address pes planus (flat feet) and some complaints described in the metatarsal instruction. At the widest part of the shoe, position the pad with the front portion proximal (directly behind) the metatarsal heads.

Metatarsal Pads



- ▶ Metatarsal Pads are the most versatile, because they can be used in almost every style shoe including high heels and flip flops.
- ▶ Metatarsal Pads are helpful in re-distributing the weight bearing pattern of the foot.
- ▶ Proper placement of a Metatarsal Pad can shift the main weight bearing area away from 1 or 2 metatarsal heads to a larger area across the metatarsal region (ball of the foot).

Neuroma Pads



- ▶ Neuroma Pads are a smaller more specific pad.
- ▶ When you have tried the Metatarsal Pads and the Neuroma is still a problem, the Neuroma Pad can be effective when fit between the 3rd and 4th metatarsal web space, directly under the nerve.
- ▶ When perfectly placed, the Neuroma Pad reduces pinching pressure on the nerve.

Call: 1-800-544-2723
 412-835-1234
 (Mon-Fri 8 A.M.-5 P.M. EST)

B Select the Correct Size

Longitudinal Metatarsal Arch Pad Simple Sizing Tips

Shoe Size	Foot/Arch Type	Suggested Pad Size
Women 5-8 1/2	Flat	Extra Small 5/16"
	Normal	Small 3/8"
	High	Medium 7/16"
Women 9-11 1/2	Flat	Small 3/8"
	Normal	Medium 7/16"
	High	Large 1/2**
Men 7-10 1/2	Flat	Small 3/8"
	Normal	Medium 7/16"
	High	Large 1/2"
Men 11+	Flat	Medium 7/16"
	Normal	Large 1/2"
	High	Extra Large 9/16"

Extra wide sizes (EEE) available in Small, Medium & Large.
 * Use Large Size for Sever's Disease, Charcot Marie Tooth Syndrome and Pes Valgus

Metatarsal Pad Simple Sizing Tips

Shoe Size	Foot/Arch Type	Suggested Pad Size
Women	Flat	Extra Small 3/16"/Small 1/4"
	Normal	Medium 5/16"
	High	Medium 5/16"
Men	Flat	Medium 5/16"
	Normal	Medium 5/16"
	High	Large 3/8"

Use Extra Small 3/16" in conjunction with custom orthoses, where very small correction is adequate.

Neuroma Pad Simple Sizing Tips

Neuroma Pad 1/4"	Designed to be placed right between the affected metatarsal heads. 1 size.
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Web: www.hapad.com
E-Mail: info@hapad.com

C Proper Pad Placement

Basic Shoe Padding Instructions

1. Locate the painful callus or sore spot under the foot with lipstick or a marker, and transfer spot to the shoe, or estimate the widest part of the shoe. Often you can see the wear pattern either in the shoe or under the outer sole.
2. Fold label to expose about 1/3 of the adhesive. Place pad proximal to this indicator, very close to the metatarsal heads.
3. The selected pad is positioned just behind the mark in the shoe, behind the metatarsal heads. Make 1/8" incremental adjustments forward or back until maximum pain relief is achieved.
4. When pad feels comfortable, outline the pad in the shoe with a pen. Completely remove pad from label or plastic backing and place permanently in the shoe.



Express Fitting Ideas

- A. For a foot with a bunion, a 5/16" metatarsal pad behind the 2nd and 3rd metatarsal heads should provide immediate relief.
- B. For neuroma complaints, position metatarsal pad just proximal (directly behind) the 3rd & 4th metatarsal heads.
- C. For metatarsalgia, position the metatarsal pad near lipstick mark or wear mark on shoe if evident, or if there is evidence of a callus.
- D. For a patient with a hammer toe, position the pad proximal (directly behind) to the metatarsal head of the affected toe (s).

Fax: 1-800-232-9427
 412-835-6460