

Recommended Product Guide



This information leaflet has been produced to provide our patients with an overview of their condition and what treatments they may expect. However, each person is different and the treatment you are offered will depend on your unique circumstances.





Stanmore
Foot & Ankle
Specialists

The following are products which we find work well for our patients. We do not have any affiliation with any of the products listed below. **Please speak to your consultant for specific indications for each product.**

Product	Indication	Link
	<p>Vitamin D Supplements</p> <p>For Vitamin D deficiency</p>	<p>Link</p>
	<p>Darco Toe Alignment Splint</p> <p>For after bunion or lesser toe surgery</p>	<p>Link</p>
	<p>Toe Separator</p> <p>For symptomatic relief of bunions / toe deformities</p>	<p>Link</p>
	<p>Silicone Heel Cups</p> <p>For inferior heel pain / plantar fasciitis</p>	<p>Link</p>

Product	Indication	Link
	<p>Ankle Brace - Aircast A60</p> <p>For ankle sprains</p>	<p>Link</p>
	<p>Aircast Boot - Short</p> <p>Ankle sprains, toe fractures, tendon injuries</p>	<p>Link</p>
	<p>Aircast Boot - Long</p> <p>Ankle fractures and sprains</p>	<p>Link</p>
	<p>Heel Wedge Shoe</p> <p>Achilles tendinopathy and after ruptures</p>	<p>Link</p>

Product	Indication	Link
	<p>Achilles Night Splint</p> <p>After Achilles trauma / for Achilles tendinopathy</p>	<p>Link</p>
	<p>Silicone Toe Sleeve</p> <p>Treatment of corns and hammer toes</p>	<p>Link</p>
	<p>Talarmade Prostep Insoles</p> <p>For flat feet</p> <ul style="list-style-type: none"> - Vasyli Red (firm) - Vasyli Blue (medium) 	<p>Link</p>
	<p>Wool Padding</p> <p>For corns / hammer / mallet toes</p>	<p>Link</p>
	<p>Brands for Shoes</p> <ul style="list-style-type: none"> - Brooks - Sketchers Max Cushioning - Hoka ONE - Fit flop - New Balance - Sole Bliss (bunions) - Asics Gel Kayano (flat foot support) - Nike Air Max 270s (EDS) 	

Post-operative Products

Product	Indication	Link
	<p>Knee Scooter (Stride On)</p> <p>For post-operative mobility without weightbearing</p>	<p>Link</p>
	<p>Cryocuff</p> <p>For control of post-operative swelling</p>	<p>Link</p>
	<p>Even-up</p> <p>To equalise leg lengths when wearing a walker boot on the other side</p>	<p>Link</p>
	<p>Limbo Cast Protector</p> <p>To keep cast dry when showering</p>	<p>Link</p>
	<p>Foam Leg Elevator</p> <p>For post-operative elevation to control swelling</p>	<p>Link</p>



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