



A holiday for the feet

PODOCONTURA Insoles





A holiday for the feet

A high requirement and challenge of material, function and durability.
The indication PODOCUNTRA stands for Highest Quality.

Only the best materials are used for the production process, which are proven by and measured by German Medicine Product Law or Medizinproduktegesetz (MPG).
With these products we offer a wide assortment of preformed insoles to you, which are all hand made.

In addition, special productions and special orders are not an issue for us.
It is possible to combine other materials, different strengths, shore-hard, cover materials, and colors.
Consider for this the information on the back page.

As you may have noticed already, everything is thought of.

Ask us, If it concerns preformed insoles.



PODOCONTURA HK-pro senso

Sensorimotor insole, activ insole

Width	Heel
normal	flat
Size 20 to 50	

PODOCONTURA HK-Sport

Milling insole, extremely light, distinctive lengthwise arch

Breite	Heel
normal	flat
Size 20 to 50	

PODOCONTURA HK-Dia

Milling insole with poron, soft

Width	Heel
normal	flat
Size 20 to 50	



Cork Insoles



PODOCONTURA 16
Cork, half round with „Blank“ leather top cover, full length

Width	Heel
normal	half round
Size 35-47	

PODOCONTURA 16 A
Cork, half round with „Blank“ leather top cover, 3/4 length

Width	Heel
normal	half round
Größen 35-47	

PODOCONTURA 6 B
Cork with reinforcement with „Blank“ leather top cover, full length

Width	Heel
normal	flat
normal	contoured
Finn-Style	flat
Finn-Style	contoured
Size 35-50	



PODOCONTURA 6 C
Cork with reinforcement with „Blank“ leather top cover, 3/4 length

Width	Heel
normal	flat
normal	contoured
Size 35-48	



PODOCONTURA 12
Cork Heel Wedge with „Blank“ leather top cover, full length

Width	Heel
normal	flat
normal	contoured
Finn-Style	flat
Finn-Style	contoured
Size 35-48	

PODOCONTURA 12 A
Cork Heel Wedge with „Blank“ leather top cover, full length

Width	Heel
normal	flat
normal	contoured
Size 35-48	



PODOCONTURA 29 A
EVA-cork foot bed with soft foam cover, long shell

Width	Heel
normal	normal
Size 35-48	



PODOCONTURA 29 C
EVA cork foot bed, ELF25 cover with perforated beige kid leather cover

Width	Heel
normal	normal
Size 35 to 48	

PODOCONTURA 29
EVA cork foot bed with leather cover, full length

Width	Heel
normal	normal
Size 35 to 48	

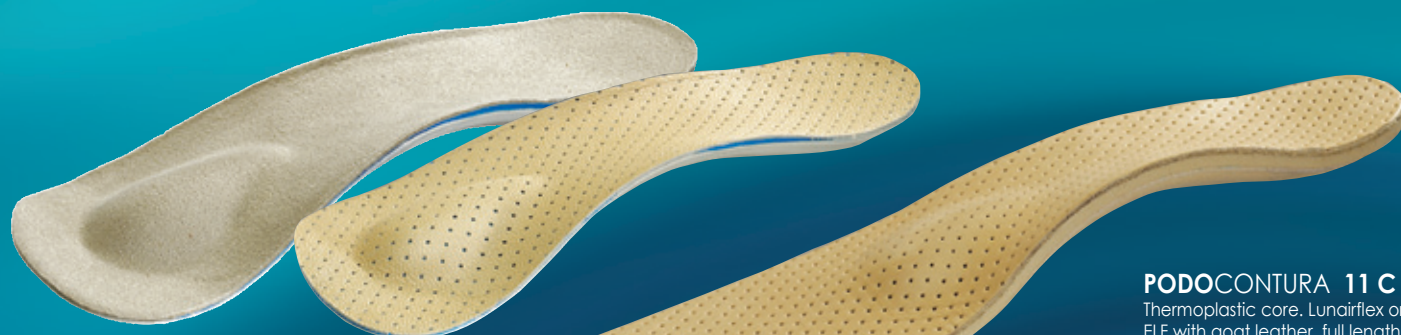
PODOCONTURA 6 B / R
Cork/leather with blank leather cover, full length, retro

Width	Heel
normal	normal
Finn-Style	normal
Size 35 to 48	





Thermoplastic Insoles



PODOCONTURA 11 N

Thermoplastic core. Soft cushion with fleece or goat leather surface, 3/4 length.

Assortment of colors available

Width	Heel
normal	flat
normal	contoured
Size 36-47	

PODOCONTURA 11 C

Thermoplastic core. Lunairflex or ELF with goat leather, full length.

Width	Heel
normal	flat
normal	contoured
Size 36-47	



PODOCONTURA 8 X

Thermoplastic core with „Blank“ leather top cover with special rubber bottom material, full length

Width	Heel
normal	flat
normal	contoured
Size 36-47	

PODOCONTURA 8 Y

Thermoplastic core with „Blank“ leather top cover with special rubber bottom material, 3/4 length

Width	Heel
normal	flat
normal	contoured
Size 36-47	



PODOCONTURA 8 A

Thermoplastic core with perforated leather top cover, full length

Width	Heel
normal	flat
normal	contoured
Size 36-47	

PODOCONTURA 8

Thermoplastic core with perforated leather top cover, 3/4 length

Width	Heel
normal	flat
normal	contoured
Size 36-47	



PODOCONTURA 15 L

Half round thermoplastic core. Soft cushion foam with fleece, 3/4 length or full length. Assortment of colors available

Width	Heel
normal	half round
Size 34-47	



Thermoplastic Insoles



PODOCONTURA 31 T

Thermoplastic core, 3mm green foam, met pad, 2mm black foam, beige fleece cover, long shell

Width	Heel
normal	flat
normal	contoured
Size 35-47	



PODOCONTURA 31 S

Thermoplastic core, 3mm black foam, 3mm poron, black fleece, long shell

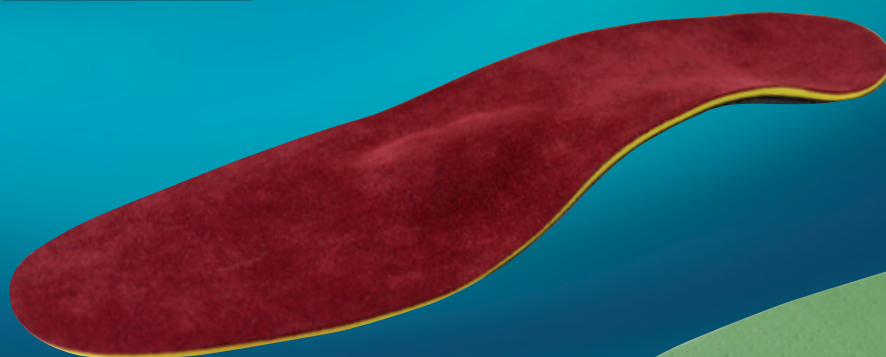
Width	Heel
normal	flat
normal	contoured
Size 35/36-47/48	



PODOCONTURA 11 L

Thermoplastic core, soft cushion foam with fleece, long, assortment of colors available, with fleece, long shell

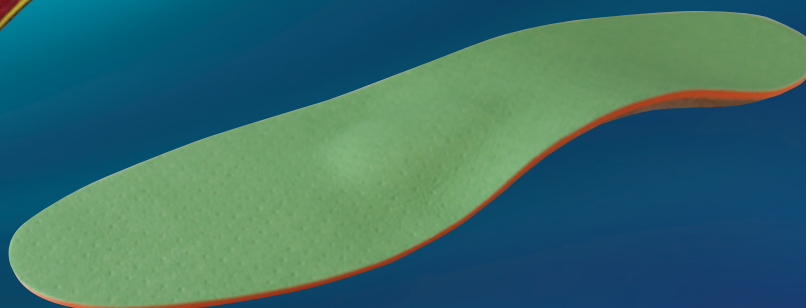
Width	Heel
normal	flat
normal	contoured
Size 36-47	



PODOCONTURA 11 T

Thermoplastic core, carbon foil under the core, met pad, 2mm yellow foam, microfibre bordeaux red antibacterial as top cover

Width	Heel
normal	flat
normal	contoured
Size 35-47	



PODOCONTURA 11 S

Thermoplastic core, cork foil under the core, met pad, 3mm orange foam, onsteam microfiber neon green as top cover

Width	Heel
normal	flat
normal	contoured
Size 35-47	





Soft Foam



PODOCONTURA 28

Latex foam with perforated beige kid leather cover

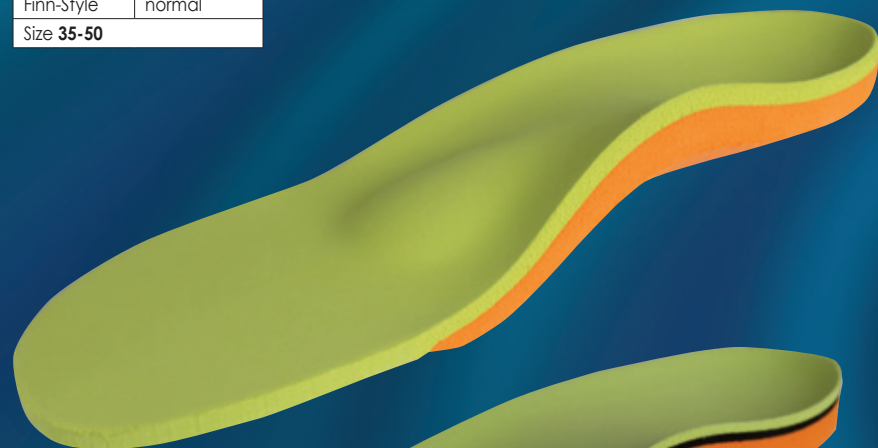
Width	Heel
Finn-Style	normal
Size 35-50	



PODOCONTURA 28 F

Black latex foam, 3mm green cover, onsteam microfiber orange as top cover

Width	Heel
normal	flat
Size 35/36-47/48	



PODOCONTURA 1 P

Soft foam orange with stiffening material, 6mm soft foam cover green

Width	Heel
Finn-Style new	normal
Size 19/20-50	



PODOCONTURA 3 C/1

Soft foam orange with stiffening material, black soft foam and 3mm green soft foam as top cover

Width	Heel
Finn-Style new	flat
Size 19/20-50	

PODOCONTURA 5 K

Soft foam 6mm green, cover 3mm green, onsteam microfiber black as top cover

Width	Heel
normal	flat
normal	contoured
Finn-Style	flat
Finn-Style	contoured
Size 19/20-50	



PODOCONTURA 14 E

Soft foam white long shell with stiffening material, 3mm green soft foam as top cover

Width	Heel
Finn-Style new	flat
Size 19/20-50	





Soft Foam



PODOCONTURA 20

Soft foam shell, stiffened, blue/white with met pad

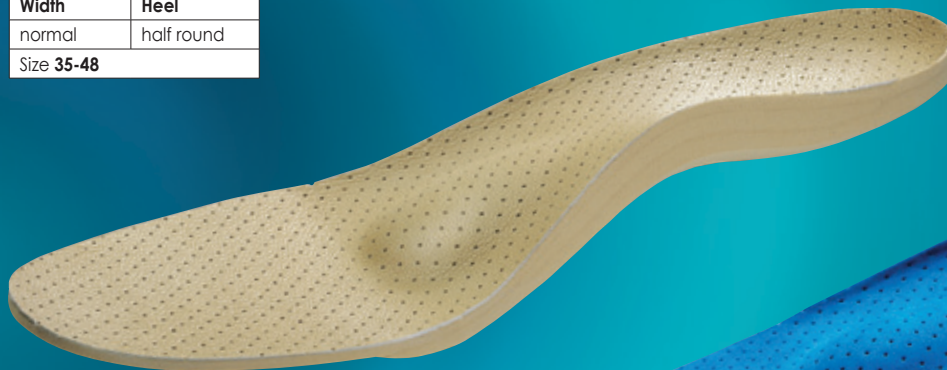
Width	Heel
normal	half round
Size 35-48	



PODOCONTURA 2 A

Soft foam single layer with perforated goat leather

Width	Heel
normal	flat
normal	contoured
Finn-Style	flat
Finn-Style	contoured
Size 35-50	



PODOCONTURA 5

Soft foam with reinforcement, Lunairflex or ELF with perforated goat leather single layer with perforated goat leather.

Width	Heel
normal	flat
normal	contoured
Finn-Style	flat
Finn-Style	contoured
Size 35-50	



PODOCONTURA 1 B

Soft foam shell, stiffened, blue-white with met-pad.

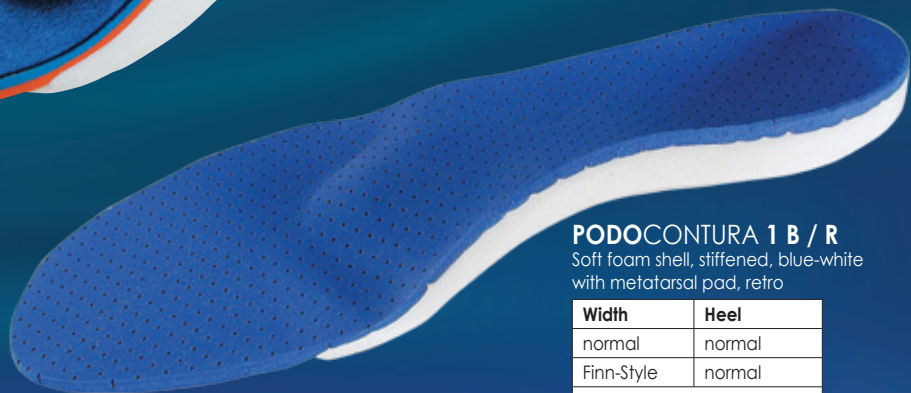
Width	Heel
normal	flat
normal	contoured
Finn-Style	flat
Finn-Style	contoured
Size 35-50	



PODOCONTURA 14 A

Soft foam shell, stiffened, Alcantara cover, Finn-Style

Width	Heel
Finn-Style	flat
Finn-Style	contoured
Size 35-50	



PODOCONTURA 1 B / R

Soft foam shell, stiffened, blue-white with metatarsal pad, retro

Width	Heel
normal	normal
Finn-Style	normal
Size 35-48	





Children Insoles

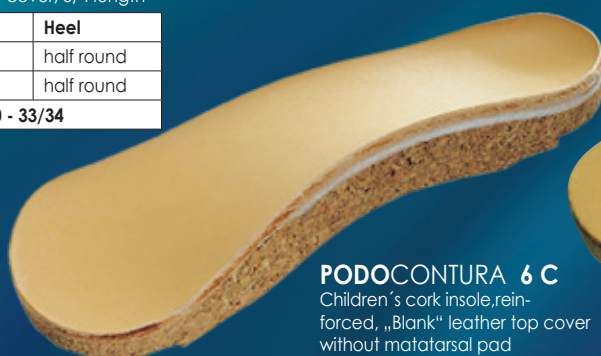


PODOCONTURA 13
Children's cork insole with „Blank“ leather top cover, 3/4 length

Width	Heel
normal	half round
slim	half round
Size 19/20 - 33/34	

PODOCONTURA 13 A
Children's cork insole with „Blank“ leather top cover, full length

Width	Heel
normal	half round
slim	half round
Size 19/20 - 33/34	



PODOCONTURA 6 C
Children's cork insole, reinforced, „Blank“ leather top cover without matatarsal pad

Width	Heel
normal	flat
normal	contoured
Size 19/20 - 33/34	



PODOCONTURA 6 C
Children's cork insole, reinforced, „Blank“ leather top cover with matatarsal pad

Width	Heel
normal	flat
normal	contoured
Size 19/20 - 33/34	



Sample Modell 6 C
normal



PODOCONTURA 13 B
Children's cork insole, reinforced, „Blank“ leather top cover with raised interior edge

Width	Heel
normal	flat
normal	half round
Size 19/20 - 33/34	



PODOCONTURA 9 H
Children's shell with stiffening, foam layer and fleece cover

Width	Heel
normal	contoured
Size 19/20 - 33/34	

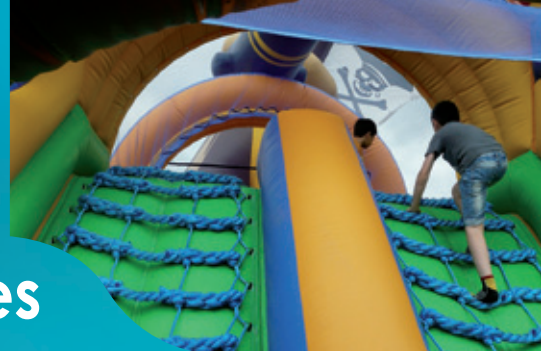


PODOCONTURA 30
Soft foam shell, proprioceptive

Width	Heel
normal	shell-formed
Size 19/20 - 46	



Children Insoles



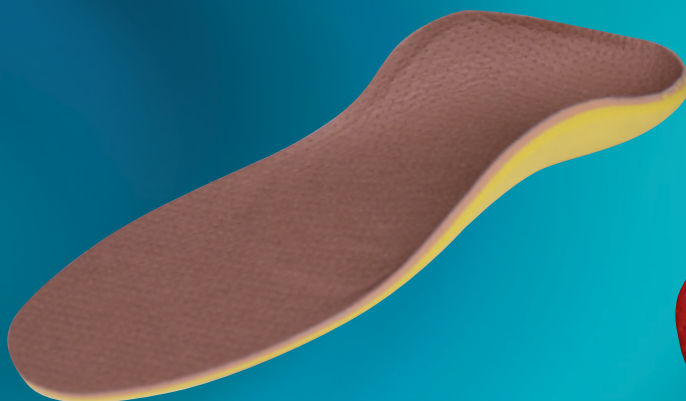
PODOCONTURA 24 B
soft foam triple-flange insole
incorporating protruding toe flap

Width	Heel
normal	shell-formed
Size 19/20 - 45	



PODOCONTURA 9 C
Soft foam blank with two cheeks,
long

Width	Heel
normal	shell-formed
Size 19 - 48	



PODOCONTURA 9 C/1
Soft foam blank with two cheeks,
cover 1.6mm poron with onsteam
light brown microfiber as top cover

Width	Heel
normal	flat
Size 19 - 48	



PODOCONTURA 9 P
Soft foam children's insole, 3mm
green foam, orange onsteam
microfiber as top cover

Width	Heel
normal	shell-formed
Size 19/20 - 33/34	



PODOCONTURA 13 C
Children's cork insole,
with soft foam top with
raised interior edge

Width	Heel
normal	flat
normal	half round
Size 19/20 - 33/34	



PODOCONTURA 9 E
Children's insole with soft foam
bottom material

Width	Heel
normal	half round
Size 19/20 - 33/34	



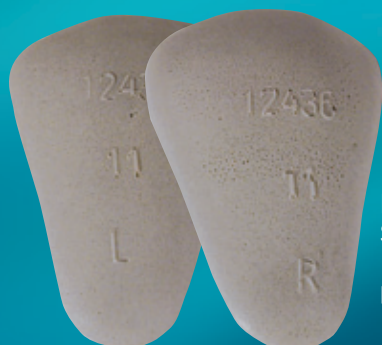
PODOCONTURA 9 D
Children's insole with
Pryx bottom material

Width	Heel
normal	half round
Size 19/20 - 33/34	





Pads and more...



Pad 12436
Size 10/11/12
packing unit, 10 pairs
(or as agreed)



Pad 3927
Size uni
(children)
packing unit, 10 pairs
(or as agreed)



Pad 3403
Size 01/02/03
packing unit, 10 pairs
(or as agreed)



Pad 3425
Size 01/02
packing unit, 10 pairs
(or as agreed)



Pad 3448
Size 02/03
packing unit, 10 pairs
(or as agreed)



Pad 3438
Size 01/02/03
packing unit, 10 pairs
(or as agreed)



Pad 6891
Size 01/02/03
packing unit, 10 pairs
(or as agreed)



Pad 2031
Size 01/02/03
packing unit, 10 pairs
(or as agreed)



Pad 3435
Size uni
packing unit, 10 pairs
(or as agreed)



Peroneal leg brace
with fastening system
and calf pad
Size S 35-37
Size M 37-39
Size L 39-41
Size XL 41-44

Diabetic Insoles



PODOCONTURA 5 H

EVA-soft foam material insole,
Top cover Red Poron 3mm and
3mm ELF 25. Available with either
front part not glued together with
loose metatarsal pad or glued together

Width	Heel
Finn-Style	flat
Size 35 to 50	

PODOCONTURA 21 D

EVA-Soft foam material, Top cover Blue
PPT 3mm and 3mm ELF 25.

Width	Heel
Finn-Style	flat
Size 35 to 50	

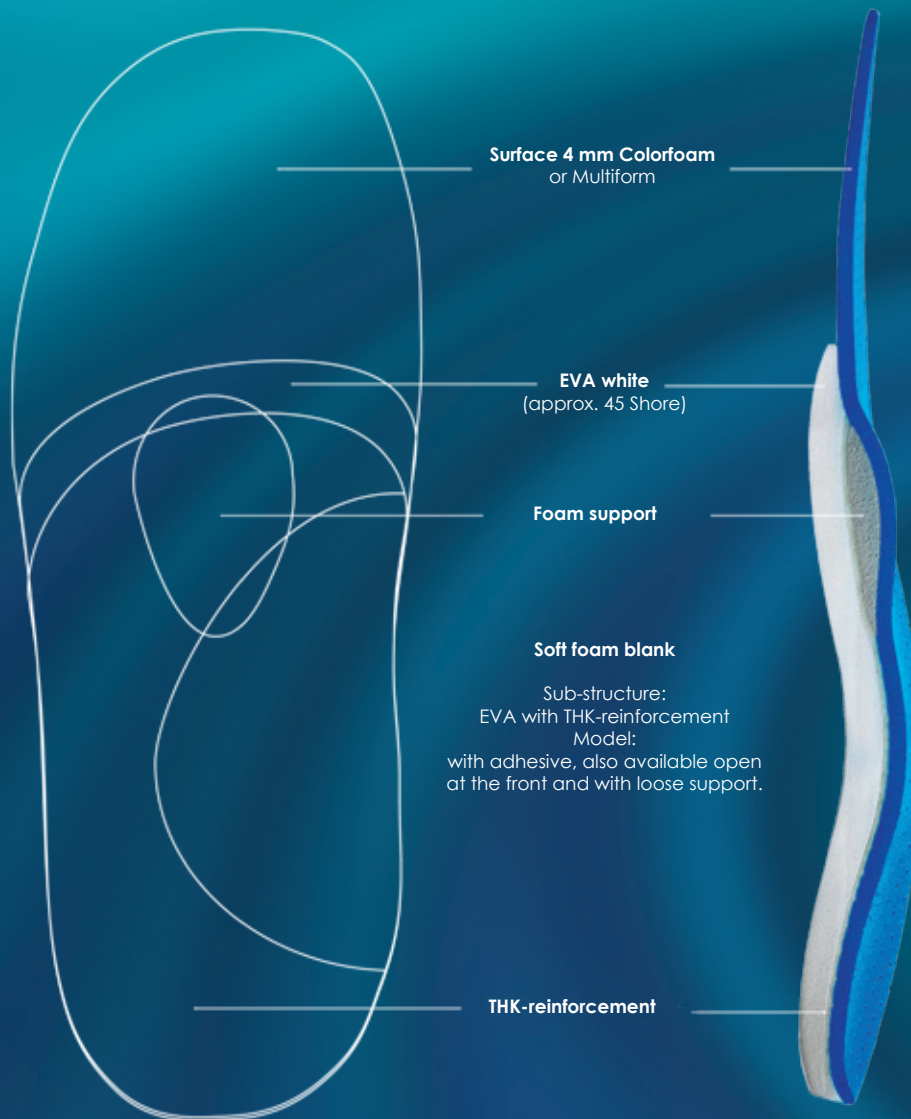
Bottom Material:
EVA soft foam
(45 Shore)
with or without
THK reinforcement

With or without
foam met pad.





Materials, thicknesses and more...



Surface materials



This is just a small selection – further materials/colours available on request



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