

OrthoSole3

AS the name suggests, these insoles are designed to be off-the-shelf adjustable insoles. They are available for all foot sizes in both men's and women's fit and colours. Each set comes with three varying arch support pads and two metatarsal pads. These pads can be adjusted by the user to provide a customised fit to both align the foot and distribute weight evenly.

At this price our testers felt they provided a great first option for those considering custom-made orthotics that can often cost around £200. The insole is very good quality, made to a high standard and includes a gel-cushioning pad in the heel and plush forefoot fit. Our testers liked the fit and feel and felt they added to the comfort level of all their footwear by supporting the foot and distributing their weight evenly.

Cost: £39.99

www.orthosole.com



OrthoSole3: an affordable alternative for athletes considering orthotics

Strassburg Sock

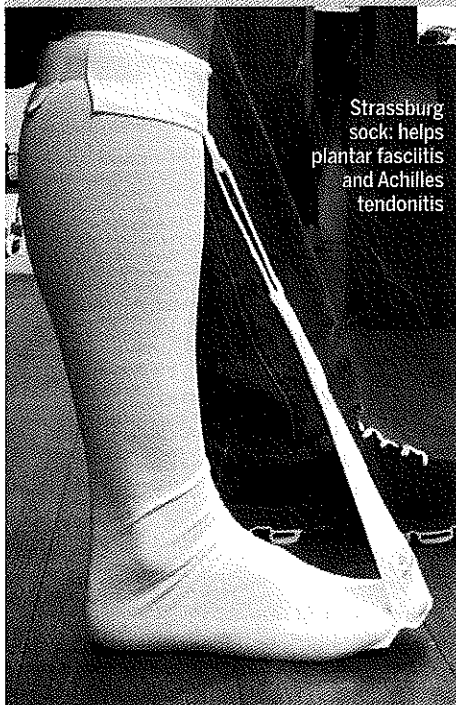
PLANTAR fasciitis is a common injury with many athletes and one that can be problematic for lengthy periods. The Strassburg Sock is designed to be an effective, yet simple treatment for the condition.

The sock keeps tension on the plantar fascia tendon so that it heals in a stretched position at night.

The sock has recently become available in the UK after several years of great feedback from the United States. As well as the treatment of plantar fasciitis users have also found relief in the treatment of Achilles tendonitis and also in helping to stretch tight calves.

Cost: £38

www.fitbrands.co.uk



Strassburg sock: helps plantar fasciitis and Achilles tendonitis

Accapi

AT AW we have tried Accapi products before and although the clothing was considered by some to be a tad expensive, their effectiveness and health benefit claims were found to hold some substance. The 'Bodyguard' range of products use the same Nexus fibres to increase circulation and speed up the rehabilitation process. Our testers tried a selection of products from the range, which provide support during exercise and help in the treatment of injuries.

Although our tests can only provide opinions from those that have tried the products rather than scientific results, our testers generally found the items to provide good support and comfort. Most felt that they were of benefit in recovering from aches and stiffness after tough training sessions and also helped in increasing circulation.

Ankle
Cost: £28

Knee
Cost: £65

Back
Cost: £70

Elbow
Cost: £42

www.accapi.co.uk

