Vi-Pod

WORK BOOK

IMPROVE THE WAY YOU WORK

Choose Vibram® Vi-Pod when building orthopedic insoles and foot orthotics
Vibram has developed an innovative dermocompatible, antifungal and antibacterial material for orthopedic insoles able to equilibrate plantar pressure peaks using one single material, instead of 2.

Vi-pod combines the thermoformable performance of the EVA with the protective effect of a high-performance cover.

Tested in Italy, Switzerland and Germany
KNOW VIBRAM® VI-POD

**BENEFITS**

**Advantages in Processing**
- Using a single layer material, Vibram Vi-Pod makes work time easier and processing time faster, therefore reducing costs.

**Human Body Friendly**
- Dermocompatible: doesn't cause allergic skin reactions
- Bacteriostatic: limits the growth of bacteria
- Fungicide: kills fungi and fungal spores

**Product Performance**
- Cushioning: dissipates energy more evenly
- High Memory Visco Elastic Material: Retains its original shape after repetitive use and material strain
- Cold Forming: by warming the material surface, Vi-Pod is moldable using a cold press.

**Legend**

**Medical problems**
- Heel pain
- Plantar fasciitis
- Hallux valgus
- Ulcers
- Metatarsalgia
- Hammer toes
- Peripheral vascular diseases
- Flat feet
- High arched feet

**Intended user groups**
- Athletes
- Pregnant woman
- Elderly
- For everyone

**BENEFITS**

**Medical problems**

**Intended user groups**
### USE VIBRAM® VI-POD

#### 2. Custom cast use:

Heat only the parts needing corrections by using an oven at 85-90° degrees for 3 to 4 minutes.

Put the insole under vacuum on the custom cast.

### FINISHING ADVICE:

- Use medium-grain sandpaper
- Set the cutter on high speed
- Do not press the material against the cutter to prevent overheating

### KNOW VIBRAM® VI-POD

#### TECHNICAL INFO

**Vi-Pod technical specifications**

<table>
<thead>
<tr>
<th>TEST</th>
<th>MEASURE UNIT</th>
<th>STANDARD</th>
<th>VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>DENSITY</td>
<td>g/cm³</td>
<td>ISO 2781</td>
<td>0.20 - 0.28</td>
</tr>
<tr>
<td>HARDNESS</td>
<td>Sh - A</td>
<td>ISO 868</td>
<td>18 - 23</td>
</tr>
<tr>
<td>COMPRESSION SET (at 25%)</td>
<td>%</td>
<td>ISO 815</td>
<td>&lt; 35</td>
</tr>
<tr>
<td>TEAR RESISTANCE</td>
<td>Kg/cm</td>
<td>UNI 4914</td>
<td>&gt; 5</td>
</tr>
<tr>
<td>ANTIBACTERIC</td>
<td>-</td>
<td>SN 195/920</td>
<td>Good</td>
</tr>
<tr>
<td>Fungal Protection</td>
<td>-</td>
<td>UNI EN 14119</td>
<td>Good</td>
</tr>
<tr>
<td>Dynamic Compression</td>
<td>-</td>
<td>TM 159 SATRA</td>
<td>Good</td>
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</tbody>
</table>

### Vi-Pod cold forming instructions

<table>
<thead>
<tr>
<th>THICKNESS</th>
<th>OVEN TEMPERATURE</th>
<th>TIME (min)</th>
<th>SIZE VARIATION*</th>
</tr>
</thead>
<tbody>
<tr>
<td>2mm</td>
<td>90°C</td>
<td>2 - 4</td>
<td>&lt; 1%</td>
</tr>
<tr>
<td>4mm</td>
<td>90°C</td>
<td>3 - 4</td>
<td>&lt; 1%</td>
</tr>
<tr>
<td>6mm</td>
<td>90°C</td>
<td>5</td>
<td>&lt; 1%</td>
</tr>
</tbody>
</table>

* Referred to the original diecut shape

**Style:** 8710
**Dimension:** 31.5” x 19.5”
**Available color:** 41 Canapa
**Available thickness:** 2mm - 4mm - 6mm

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www.vibram.com
High Performance Rubber Soles

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In the following pages you will find a helpful user’s manual for Vibram Vi-Pod.

This series of Vibram private lessons will guide you through every step of the process, from the choice of materials and processing phases, to helpful information about re-work times and temperatures.

This work was developed in collaboration with the Italian company Podartis, a leader in the insole market. Podartis proudly uses Vibram products to build its insoles.

**VIBRAM® VI-POD Thickness 2mm**

**VIBRAM® VI-POD 2mm used as COVER IN FINISHED PROTECTIVE PHLEBOLOGIC INSOLES**

Why choose Vibram® Vi-Pod:
- dermocompatible
- improves lymphatic drainage by 25%

Example shown: **Podartis Venus Pad built with Vibram® Vi-Pod**

**VENUS PAD**
Phebological hypoallergenic insole ideal for sensitive feet and small metatarsalgia. The cover, which has been dermatologically tested, uses nanotechnology to engulf the peeling of the skin, fungi and bacteria.

See legend at the end of the manual.

**Processing steps:**

1. **Small corrections:**

   Heat only the parts needing corrections by using a blow dryer at 200° degrees for 10 to 15 seconds.

   Apply pressure to the desired point, lowering the material to achieve the predetermined offloading.

   Reshape the material to achieve the desired correction.

   Thanks to the specific shell of the insole, a "pump effect" takes place on the plantar sole, improving lymphovenous drainage. The fast memory cover helps the squeezing of Lejars venous sole.

High Performance Rubber Soles

www.vibram.com
Heat the shell at 200° degrees for 40 to 50 seconds and secure the material to the cover. Taking the shell with the cover attached, press the material by using a vacuum or by placing it directly onto the patient’s foot.

Why choose Vibram® Vi-Pod:
- dermocompatible
- thermoformable
- easy to work with and modify

Example shown: Podartis V MAX built with Vibram® Vi-Pod

V MAX
High density EVA bottom.
Base in Vi-Pod 4 mm.
Suitable for processing when using a cast.
Shock absorber insert.

Processing steps:
1. Small corrections:
   - Heat only the parts which need correcting by using a blow dryer at 200° degrees for 15 to 30 seconds
   - Press the warmed product directly onto the patient’s foot.

Example shown: Podartis Metagold built with Vibram® Vi-Pod

METAGOLD
A highly elastic responsive orthotic. Super thin, reinforced elastic shell.
2. Custom cast use:

Heat only the parts which need correcting by using a blow dryer at 200° degrees for 40 to 60 seconds.

Using a vacuum, place the foot orthotic onto the custom cast.

**Processing steps:**

Heat up the cover at 200° degrees for 10 to 15 seconds and shape under the vacuum or directly on the patient’s foot.

**VIBRAM® VI-POD 4mm**

VIBRAM® VI-POD Thickness 4mm used as BASE/COVER IN PRE MOLDED INSOLES COMPOSITE FIBERS

Why choose Vibram® Vi-Pod:
- dermocompatible
- excellent compression set

We take as example: **Podartis Aporpidia built with Vibram® Vi-Pod**

**APORPIDIA**
Elastic reinforced shell base and cover in Diflex Light Gold and Vi-Pod. Approved for diabetic feet and metatarsalgia.

see legend at the end of the manual