



Diflex Light Gold

WORK BOOK

IMPROVE THE WAY YOU WORK

Choose **Vibram®** Diflex Light Gold
to build orthopedic insoles
and foot orthotics



developed
in collaboration with
PODARIS
www.podar.it

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High Performance Rubber Soles



www.vibram.com

KNOW VIBRAM® DIFLEX LIGHT GOLD

Vibram Diflex Light Gold is a material developed by Vibram in collaboration with Podartis. It is lightweight, soft, moldable, **dermocompatible, antifungal and antibacterial.** Diflex Light Gold is suitable as a covering material or a supporting material for rheumatic and diabetic feet, as well as dermatitis and skin allergies.



NOTE

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NOTE



Diflex Light Gold Technical Specifications

TEST	MEASURE UNIT	STANDARD	VALUE
DENSITY	g/cm ³	ISO 2781	0.13 - 0.17
HARDNESS	Sh - A	ISO 868	23 - 28
COMPRESSION	%	ISO 815	< 50
TEAR RESISTANCE	Kg/cm	UNI 4914	> 4
ANTIBACTERIC	-	SN 195/920	GOOD
FUNGAL PROTECTION	-	UNI EN 14119	GOOD
DYNAMIC COMPRESSION	-	TM 159 SATRA	GOOD



Diflex Light Gold Cold Forming Instructions

THICKNESS	OVEN TEMPERATURE	TIME	SIZE VARIATION
4mm	90°	2 - 4	< 1%
6mm	90°	5	< 1%

Style: **8284 (Perforated version)**

Dimension: **39" x 27.5"**

Available color: **40 Yellow Gold**

Available thicknesses : **2mm - 4mm - 6mm**



USE VIBRAM® DIFLEX LIGHT GOLD

Legend

In the following pages you will find a helpful user's manual for Vibram Diflex Light Gold.

These Vibram Private Lessons will guide you step by step through choosing proper materials and understanding processing phases. This guide will also provide you with information about work times and temperatures. This work was developed in collaboration with the Italian company Podartis, a leader in the insole market. Podartis proudly chooses Vibram products to build their highest quality insoles.

VIBRAM® DIFLEX LIGHT GOLD 2mm

① VIBRAM® DIFLEX LIGHT GOLD Thickness 2mm used as COVER IN FINISHED PROTECTIVE INSOLES

Why choose Vibram® Diflex Light Gold:

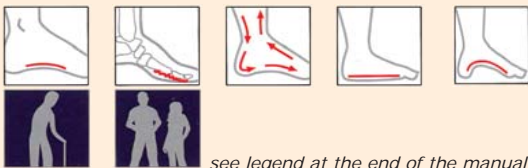
- dermocompatible
- self molding
- ideal for use where foot allergies, dermatitis, plantar fasciitis and or athlete's foot is a concern

Example shown: **Podartis Diamax** built with **Vibram® Diflex Light Gold**



DIAMAX

The Diamax protective insole, with XL template, helps to provide relief from pain and slows the progression of deformity.



see legend at the end of the manual

Medical problems



Hallux valgus



Ulcers



Metatarsalgia



Hammer toes



Flat feet



High arched feet

Intended user groups



Elderly



For everyone

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USE VIBRAM® DIFLEX LIGHT GOLD

VIBRAM® DIFLEX LIGHT GOLD 4-6 mm

- ① VIBRAM® DIFLEX LIGHT GOLD Thickness 4-6 mm for BASE/COVER IN CUSTOM MADE INSOLE

Why choose Vibram® Diflex Light Gold:

- easy to work with at low temperatures
- Self molding to fit almost any deformity



USE VIBRAM® DIFLEX LIGHT GOLD

- ② VIBRAM® DIFLEX LIGHT GOLD Thickness 2mm used in DIABETIC FOOT ACUTE PHASE

Example shown: *Podartis Modus* built with *Vibram® Diflex Light Gold*



The unique structure of Diflex Light Gold allows for the easy and complete removal of material from the ulcerated area.



see legend at the end of the manual



In the acute phase, removal of material around the ulcerated area provides needed relief to the patient.

Processing steps:



Identify and mark the area of the insole which needs correction.

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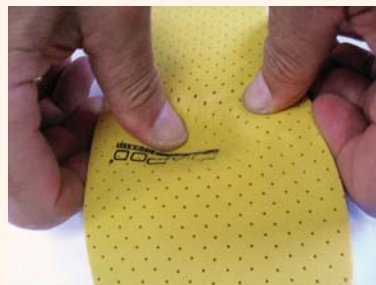
USE VIBRAM® DIFLEX LIGHT GOLD



Remove the inserts corresponding to the ulcerated area.

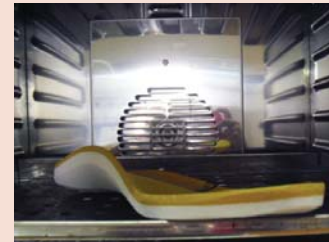


For reshaping of the surface, heat the area for 10-20 seconds at 200°.



Reshape the modified area, and mold the insole using either a cast or the patient's foot.

2. Heat treatment:



Heat only the parts needing corrections in an oven at 90-95° degrees for 4 to 5 seconds.



Form under vacuum onto the custom cast.



Before



After

USE VIBRAM® DIFLEX LIGHT GOLD

USE VIBRAM® DIFLEX LIGHT GOLD

VIBRAM® DIFLEX LIGHT GOLD 6 mm

VIBRAM® DIFLEX LIGHT GOLD 2-4 mm

- ① VIBRAM® DIFLEX LIGHT GOLD Thickness 6 mm used as BASE/COVER IN PRE MOLDED INSOLES EVA

- ① VIBRAM® DIFLEX LIGHT GOLD Thickness 2-4mm used as BASE/COVER IN PRE MOLDED INSOLES COMPOSITE FIBERS

Why choose Vibram® Diflex Light Gold:

- dermocompatible
- thin single layer material reduces weight and bulk

Why choose Vibram® Diflex Light Gold:

- dermocompatible
- thin layer of material, reduces weight and bulk
- easy to work with and modify

Example shown: *Podartis Custom built with Vibram® Diflex Light Gold*

Example shown: *Podartis Redi built with Vibram® Diflex Light Gold*



CUSTOM

EVA orthotic with 6mm Diflex Light Gold cover. Suitable for processing on the cast.



REDI

Elastic multi-fiber insoles, covered with Diflex Light Gold.



see legend at the end of the manual



see legend at the end of the manual

Reforming technology:

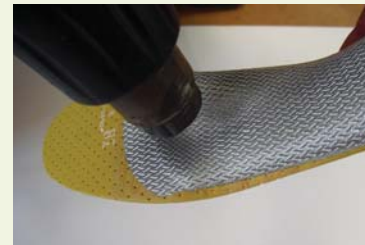
1. Sculpting:



Remove material to achieve the desired correction.

Processing steps:

1. Small corrections:



Heat only the areas needing correction by using a blow dryer at 200° degrees for 50 to 30 seconds.

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Place the insole on the patient's foot and put pressure on the desired area until it is completely cooled.

2. Heat treatment:



Heat only the areas needing correction by using a blow dryer at 200° degrees for 40 to 60 seconds.



Add or remove material according to the desired correction. Add material for corrections such as wedges and heel cups.

② VIBRAM® DIFLEX LIGHT GOLD Thickness 2-4mm used as COVER IN PRE MOLDED INSOLES EVA

Why choose Vibram® Diflex Light Gold:

- democompatible
- thermoformable
- easy to work with and modify

Example shown: *Podartis Dia Light* built with *Vibram® Diflex Light Gold*



DIA LIGHT

Multilayer insole opens in the front making corrections easier.



see legend at the end of the manual

Processing steps:

1. Starting point:



Combine the insole components.



Place into the orthopedic slipper.

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