



Vi-Pod

WORK BOOK

IMPROVE THE WAY YOU WORK

Choose Vibram® Vi-Pod
when building orthopedic
insoles and foot orthotics



developed
in collaboration with
PODAPLIS
www.podaplis.com

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High Performance Rubber Soles



www.vibram.com

KNOW VIBRAM® VI-POD

Legend

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.

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

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 advices:

- 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

TRADITIONAL		Vibram® VI-POD
Good ¹	Dermocompatibility properties	Good
-	Bacteriostatic properties	Excellent
-	Fungicide properties	Excellent
Good	Ability to dissipate energy	Good
Good	Ability to maintain the original shape	Excellent
Good ²	Cold forming properties	Excellent

¹-due to thin PU layer

²-technical restrictions due to thin PU layer

Vibram® Vi-Pod technical specifications

TEST	MEASURE UNIT	STANDARD	VALUE
DENSITY	g/cm ³	ISO 2781	0.20 - 0.28
HARDNESS	Sh - A	ISO 868	18 - 23
COMPRESSION SET (at 25%)	%	ISO 815	< 35
TEAR RESISTANCE	Kg/cm	UNI 4914	> 5
ANTIBACTERIC	-	SN 195/920	Good
FUNGAL PROTECTION	-	UNI EN 14119	Good
DYNAMIC COMPRESSION	-	TM 159 SATRA	Good

Vibram® Vi-Pod cold forming instructions

THICKNESS	OVEN TEMPERATURE	TIME _(min)	SIZE VARIATION*
2mm	90°C	2 - 4	< 1%
4mm	90°C	3 - 4	< 1%
6mm	90°C	5	< 1%

* 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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USE VIBRAM® VI-POD

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 2mm

- ① VIBRAM® VI-POD Thickness 2mm used as COVER IN FINISHED PROTECTIVE PHLEBOLOGIC INSOLES

Why choose Vibram® Vi-Pod:

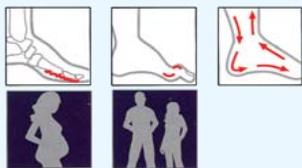
- dermocompatible
- improves lymphatic drainage by 25%

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



VENUS PAD

Phlebological 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

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.



USE VIBRAM® VI-POD

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.

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USE VIBRAM® VI-POD



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.

② VIBRAM® VI-POD Thickness 4mm used as BASE/COVER IN PRE MOULDED INSOLES EVA

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 assorber insert.



see legend at the end of the manual

USE VIBRAM® VI-POD

② VIBRAM® VI-POD Thickness 2mm used as COVER/BASE IN PRE MOLDED INSOLES COMPOSITE FIBERS

Why choose Vibram® Vi-Pod:

- dermocompatible
- thin layer of material reduces weight and bulk
- excellent compression set

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



METAGOLD

A Highly elastic responsive orthotic. Super thin, reinforced elastic shell.



see legend at the end of the manual

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.

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USE VIBRAM® VI-POD

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.



Before



After

USE VIBRAM® VI-POD

VIBRAM® VI-POD 4mm

① 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

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.

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